

# The Voice of the Upper Skagit Valley Concrete Herald

Vol. 97, No. 1

January 2014

concrete-herald.com

50 cents

Clear Lake • Sedro-Woolley • Lyman • Day Creek • Punkin Center • Hamilton • Skagit Valley • Rockport • Van Horn • Darrington • Corkindale • Marblemount • Bullerville • Newhalem • Diablo

## IN THIS ISSUE

### Council appoints new member

On Dec. 9, Concrete Town Council members appointed Ginger Kyritsis to Council Position No. 5, replacing Jason Miller, who took office as mayor Jan. 1. *Page 4.*

### County building gets an interior redesign

The Ted Anderson Community Resource Center in Concrete may look the same from the outside, but its interior has undergone a remodeling designed to give its tenants more room. *Page 4.*

### Christmas in Sedro-Woolley

Photos and contest results from the perennial holiday celebration. *Pages 16-17.*

### Rockport festival events

Skagit Eagle Festival comes to Rockport with a Deep Forest Walk, educational tours, and eagle info at the interpretive center. *Page 23.*

### Darrington citizens in the news

The Darrington section expands to include concerned citizens, wrestlers, a Christmas bazaar, and Santa. *Pages 24-25.*

### Marblemount weekend full

The weekend of Jan. 11-12 is packed with Skagit Eagle Festival events in Marblemount. *Page 26.*

### Turn your New Year's resolutions into reality

Success lies in your mindset, motivation, plan, time, and support. *Page 32.*



**Survey Wildlife Care Center Eagle Handler and Wildlife Rescue Technician David Storm** poses with "Askate" during the Survey raptor presentation in January 2013. During this year's Skagit Eagle Festival, Survey will present three raptor shows in and near Concrete on Jan. 4, 18, and 25. For more information on the Survey shows, see the ad on p. 7.

**Skagit Eagle Festival returns with raptor-themed events every January weekend in Concrete, Rockport, and Marblemount.**

**T**he Skagit Eagle Festival again beckons visitors to eastern Skagit County in January for four weekends of recreation, entertainment, and education.

The month-long event celebrates the return of the eagles to the Upper Valley. Festival activities are held on Saturdays and Sundays from Jan. 4 through 26. A variety of festival activities are planned at venues in Concrete, Rockport, and Marblemount, including:

- Eagle-watching stations
- 5k Run and Nature Walk (p. 5)
- Arts and crafts sales
- Boat trips on the Skagit River
- Tours of the Marblemount Fish Hatchery
- Folk songs and stories
- Photography workshops
- Wildlife rescue center shows (p. 7)
- Hayrides and bonfires

See **Eagles**, p. 4

**Pat Rimmer Tire Center**

**Are You Winter Ready?**

*We have your chains, snow tires, and snow wheels!*

*Unused chains may be returned for a full refund.*

**204 W. Moore St. • Sedro-Woolley**

**360.855.1033**



# Concrete Herald

The Voice of the Upper Skagit Valley



Washington Newspaper Publishers Association  
EST. 1907

Jason K. Miller, publisher and editor 360.853.8213 / editor@concrete-herald.com

Concrete Herald owes its success to citizen journalists and photographers. **Proofreading:** Katy Tomasulo; **Ad Production:** Lynn Jefferson; **Bookkeeping:** Upriver Bookkeeping Services. Local contributors are welcome; call or e-mail Jason Miller at 360.853.8213 or editor@concrete-herald.com.

**Contacts**  
Newsroom: 360.853.8213 / editor@concrete-herald.com // **Advertising:** 360.853.8213 / ads@concrete-herald.com  
Letters: P.O. Box 682, Concrete, WA 98237 / letters@concrete-herald.com // **Classifieds:** P.O. Box 682, Concrete, WA 98237 / classifieds@concrete-herald.com

Concrete Herald is published the first Wednesday of each month and distributed via newspaper racks and retail businesses from Clear Lake to Newhalem and Darrington, Wash. A complete list of distribution points is posted online at [www.concrete-herald.com/about-the-herald/distribution-points](http://www.concrete-herald.com/about-the-herald/distribution-points). Mail subscriptions are \$27 annually for U.S. addresses, \$39 for Canadian addresses. Other subscription options are listed on the "Subscribe" page at [www.concrete-herald.com](http://www.concrete-herald.com). Physical address: 7674 Cedar Park, Concrete, WA 98237. POSTMASTER: Send address changes to Concrete Herald, P.O. Box 682, Concrete, WA 98237. Printed by Sound Publishing, Everett, Wash. Contents © 2014 Concrete Herald LLC.

From the editor

## Looking back, looking forward

I’ve been pondering the year that was while planning for 2014 and beyond, and I think we would all benefit from taking a moment to celebrate some of the recent successes in our Upper Valley communities—and the generosity that made them happen.

This newspaper exists again because you all donated to help me raise startup capital. Concrete Theatre has a new digital projection system for the same reason. Fundraisers are common, for our citizens who are battling cancers or who have lost their homes to fire or other catastrophes. Concrete K-8 School has a new salad bar because of collaborative efforts between the school district, United General Hospital, and local donors who helped to pony up the matching funds. Cascade Middle School is getting an incredible renovation because Sedro-Woolley voters recognized the long-term benefits of passing a levy.

The examples are numerous. As we move into 2014, let’s not forget our successes. Let’s embrace change, focus our energy on productive endeavors, and take risks. Let’s go.

—J. K. M.

# Eagle Festival

## at Glacier Peak Winery

Come in on Sundays for Happy Hour and enjoy a **\$5 glass of wine** of your choice and hors d'oeuvres.



Glacier Peak Winery

**www.GlacierPeakWinery.com**  
98575 SR 20 (milepost 104) | Rockport, WA | Open 7 Days A Week  
**Phone: (360) 873-4073 Fax: (360) 873-4322**

# Opinion

## Letters to the editor

**Not our job to censor creativity**

Having viewed “The Anniversary” and read the letter to the editor from Karen Newburn (December 2013), I would like to offer a differing opinion.

While the film itself is unlikely to win an Academy Award, I believe that we should welcome filmmakers and production crews to our area for the business they bring and the possibility that other film crews will be interested in working here.

I would guess from reading Newburn’s letter that she isn’t a huge fan of the horror genre. I am. I don’t think I am completely alone in that regard either. The suggestion that a representative from town review movie scripts and deny permits to those who don’t fit with a particular worldview goes against my most deeply held beliefs as an artist and a citizen. The MPAA already does enough in this area.

I agree that we have a wonderful little town and a lot of great people here. I don’t think it is our job to censor creative works, nor to say that only warm fuzzy films can be made locally. “This Boy’s Life” was not exactly a children’s picture either, but it continues to be talked about here and elsewhere. If you enjoy your freedom of speech, but wish to deny it to others, then it isn’t really free speech you’re enjoying, it’s just the sound of your own voice.

I don’t think that any one creative work that happens to be made here is in any way representative of the reality we all experience. I also don’t think that most people have any trouble understanding that. Do you worry about chainsaw wielding maniacs when you travel to Texas? I don’t. If someone from somewhere else cannot distinguish the differences between a few redneck slasher characters in an amateur film and the actual people in our town, I’m not too

concerned with their opinion of where I live. I too am proud of my diverse community and the many people of different backgrounds and beliefs that live here peacefully in the same place.

I don’t think film is anything we need to “protect” ourselves from. Some films are not for kids. Horror films are not for people who don’t enjoy them. Ms. Newburn, I respectfully want to tell you that there are people who enjoy them here.

Sandra Hambleton  
Concrete

**Garland family appreciative**

I would like to extend a heartfelt thank you to family, friends, and community members for the generous outpouring of prayers, cards, flowers, monetary gifts, meals, and many kindnesses offered during our recent loss of Don.

A special thank you to Jason Miller, Pastor Bruce and wife Charlotte Martin, Irene Calendar, Lisa Aynes, Tina and Ben Clark, and all who provided meals.

Our words could never express the gratitude that we feel.

Pam Garland and family  
Birdsvief

**Thankful and disappointed**

I want to thank those people who came to the Old Fashioned Christmas in Concrete on Dec. 7—all the sponsors who gave money, all the helpers who helped all

See **Letters**, p. 39

**Letters policy**

Letters of 200 words or fewer may be e-mailed to [letters@concrete-herald.com](mailto:letters@concrete-herald.com) or sent to Concrete Herald, P.O. Box 682, Concrete, WA 98237. Writers must include their name and town or community for publication, plus a daytime telephone number for confirmation purposes. Concrete Herald reserves the right to edit letters for length, clarity, accuracy, spelling, grammar, and potentially libelous statements. So be nice.

Inside	Lyman .....	18	Obituaries .....	30
Opinion .....	Day Creek .....	19	Sheriff's blotter .....	31
Sports .....	Hamilton .....	22	Health .....	32
Academics .....	Rockport .....	23	Business Directory .....	33
Clear Lake .....	Darrington .....	24	Out & About .....	34
Community Calendar .....	Marblemount .....	26	Home & Garden .....	35
Community Meetings .....	Newhalem .....	27	Smile .....	36
Sedro-Woolley .....	Seniors .....	28	Classifieds .....	39
	Sunday School Lesson ....	30		

## Message from the mayor

By Jason Miller

As we enter 2014, I’m looking forward to serving Concrete as its new mayor. I’m looking forward to getting to know our town staff and council better, and working with them to help Concrete regain the vitality it enjoyed during the first seven decades of its existence.

I thank Judd Wilson for eight years of service to the town, two years as a town councilman and six years as mayor. He has set the bar high for dedication and commitment; I aim to follow his lead.

Thanks to those who applied to fill my vacated council seat: Judd Wilson, Melissa Swanberg, Bill Sullivan, Billie Fisher, and Ginger Kyritsis. Your willingness to engage in your town government is laudable; thank you for setting a good example.

Congratulations to Ginger Kyritsis on her appointment to Concrete Town Council. Her background, experience, and fresh perspective will serve our town well.

Thanks to the Concrete voters for exercising their right to have a say in their town government.

Moving forward, I will use this column to keep you apprised of my activities as mayor. This is a part-time position; therefore, I’m tapping many individuals to help generate ideas for our council to consider, as necessary. Want to volunteer in any capacity? Let me know; I’m starting a list of willing individuals who want to volunteer their time to make Concrete an even better place to live. I’m also creating an Economic Development Task Force to research solid principles and generate a plan for revitalization.

If you have a specific topic you’d like me to address in this column, please shoot me a heads-up via e-mail or phone.

Finally, let’s all make every effort to focus our energies in a productive manner. Rumors are a toxic distraction, so if you hear anything about your town government that concerns you, please tell me so I can address it.



Jason Miller is mayor for Concrete. Reach him at [goodwords@frontier.com](mailto:goodwords@frontier.com) or 360.853.8213.



**Above:** Colvin Swanberg demonstrates the planned demise of his gingerbread creation during the Concrete Bazaar Dec. 7. Swanberg and others entered the Gingerbread House Contest. **Left:** Hannah Haskett, Chloe Crosson, and Bethany Werda show off their period dresses during the local Christmas celebration, this year themed “An Old-Fashioned Christmas.”

## Concrete Harold



By Joyce Harris



# Council appoints new member

On Dec. 9, Concrete Town Council members appointed Ginger Kyritsis to Council Position No. 5. Kyritsis has lived in Concrete for about six months. She was one of five applicants for the position, joining Bill Sullivan, Melissa Swanberg, Billie Fisher, and former mayor Judd Wilson. Kyritsis’ work history includes four years as an employment and training specialist with the Wisconsin Department of Workforce Development. She spent four years as Vilas County, Wisconsin’s outreach coordinator for the Tri-County Council on Domestic Violence and Sexual Assault. She also was a juvenile case manager and officer manager for Treatment Assessment Screening Center

in Mesa, Ariz., for two years. Kyritsis holds a B.S. degree in anthropology and broad field social science. Kyritsis moved back to Concrete in July 2013, and lives with her son, Dylan Abendroth. Her council appointment fills the seat vacated by former councilmember Jason Miller, who won the mayoral election Nov. 5. Since nobody filed to run for Miller’s council seat, the council was obligated to appoint a replacement. —J. K. M.



Kyritsis

# County building renovation expands space for Chamber, Community Action

The Ted W. Anderson East Skagit County Community Resource Center at 45770 Main St. in Concrete may look the same from the outside, but its interior has undergone a remodeling designed to give its tenants more room. The building’s floor plan was reconfigured during the last three months of 2013 to create a separate entrance and larger space for the Concrete Chamber of Commerce and Dept. of Licensing, as well as a private office for Community Action.

In the building’s existing conference room, a sliding divider was installed to allow users to create two separate meeting areas if desired. Future plans include built-in, enclosed shelving on the south wall behind the reception area. The Chamber of Commerce has announced expanded hours to match its larger space and separate entry from Main Street. The chamber office is now open from 9 a.m. to 4:30 p.m., Monday through Friday, and closed from 1 to 1:30 p.m. on those days. It is still located within the Community Resource Center. For more information from the chamber, call 360.853.8784 or 360.853.8767, e-mail chamber@concrete-wa.com, or go to www.concrete-wa.com. —J. K. M.

## Eagles, cont. from p. 1

- Native American Dancing and storytelling
- Museum and interpretive center open
- Deep Forest Tours
- Raft trips and wine tastings
- Bluegrass and box lunches
- Recycled Art Show and Contest
- Presentation on wolves in Washington
- Tours of hydroelectric projects
- Raffles and drawings

Many new activities are included this year, including the arts-and-crafts sale, a 5k run, forest tours, and more. Organizers emphasize that most of the outdoor activities are held regardless of the weather, so visitors should come prepared. “The winter weather adds a special zest to the festival,” said Valerie Stafford, president of the Concrete Chamber of Commerce and organizer of the event. “You bundle up and trek along the river or through the trees and are rewarded by spotting these incredible birds. In the process, you learn from experts about the river, salmon, and all kinds of wildlife, as well as environmental issues.” A series of special events planned for Sat., Jan. 4, will kick off the festival, including free presentations by the Sarvey Wildlife Care Center and an arts-and-crafts fair at Concrete High School, 7830 South Superior Ave. in Concrete, and Northwest Story & Song, starring Wes Weddell at the Concrete Theatre, 45920

Main St. in Concrete. Admission is free to these events. New this year is the Salmon Run & Nature Walk, which takes place Jan. 4 at Ovenell’s Double O Ranch, 46276 Concrete-Sauk Valley Rd. (across the Skagit River and just south of Concrete). Entry fee is \$20 and includes a knit hat, healthful snacks, and hot beverages around a bonfire. Kiosks will feature wildlife information, winter safety tips, and children’s activities. Each weekend of the Skagit Eagle Festival is sponsored by a different organization:

- Weekend 1: United General Hospital
- Weekend 2: Concrete Herald
- Weekend 3: Puget Sound Energy
- Weekend 4: Challenger Ridge Vineyard & Cellars

The festival is funded in part by a grant from Skagit County. The Skagit Eagle Festival Information Station is located in Concrete Center, 45821 Railroad Ave., Concrete. Brochures, maps, souvenirs, arts and crafts, free coffee, and restrooms are available from 9 a.m. to 4 p.m., every Saturday and Sunday in January. A complete schedule is available online at www.skagiteaglefestival.com. For more information, contact the Concrete Chamber of Commerce at 360.853.8784 or chamber@concrete-wa. —J. K. M.

**Skagit Eagle Festival online:**  
**www.skagiteaglefestival.com**



**Saturday, January 4**  
10:00 a.m. Registration  
11:00 a.m. 5K FunRun or Walk • 10:00 a.m. – Noon. Nature Walk at your own pace

**Ovenell’s Double O Ranch**  
46276 Concrete-Sauk Valley Road, Concrete

Kicking off the **2014 Skagit Eagle Festival**, this unique 5K Fun Run takes you through a beautiful ranch and along the Skagit River. Entry fee of \$20 includes a knit hat, healthy snacks, bonfire and cocoa. Not a runner? Join in a free, family-friendly 1-mile nature walk to look for eagles, osprey, deer, elk, and beaver. Kiosks will feature wildlife information, winter safety tips and children’s activities.

**To register:**  
(360) 856-7245 • events@unitedgeneral.org • www.unitedgeneral.org/SalmonRun





## Council summary

*Concrete Town Council met for a regular meeting Dec. 9, during which its members decided to cancel the Dec. 23 meeting. Following is a summary of the Dec. 9 meeting. Complete and council-approved minutes for every council meeting are posted on the town’s Web site at [www.townofconcrete.com/cminutes.php](http://www.townofconcrete.com/cminutes.php).*

### Dec. 9 regular meeting

- Mayor Pro-tem Jason Miller led the meeting after Mayor Judd Wilson was called out by WSDOT to plow snow on SR 20.
- Sgt. Chris Kading reported the overall call volume is down from October. He stated they have had an increase in call activity and call loads at the Eagle’s Nest complex. He stated these calls have been from both the rooms and the RVs.
- Town engineer Cody Hart with Reichhardt & Ebe reported the initial loan list from the Dept. of Health for the water lines replacements and the water metering was distributed; the town did not make the funding list. Hart also reported he is still looking into the grant funding opportunity for the proposed Lorenzen Creek reroute.
- Council members interviewed four of the five applicants for Council Member Position No. 5. (Applicant Mayor Wilson was not present; see above.) Applicants interviewed were Billie Fisher, Ginger Kyritsis, Bill Sullivan, and Melissa Swanberg. In Mayor Wilson’s absence, council reviewed his written application. Discussion ensued. Councilmember Jack Mears stated this is a very tough decision and would hate to put this off, but he would like for Wilson to be present. Mears stated a meeting on Dec. 23 could still take place and a decision made then. He stated that we definitely have excellent applicants here, but we also have another excellent applicant who was called into work early and had planned on attending this meeting tonight. Mears stated Wilson is a good, strong candidate and would also make a good mayor pro-tem. Councilmember Marla Reed stated that Wilson’s capabilities were known. She stated that she did not believe this needed to be postponed so that Wilson can be present. Councilmember Mike Bartel stated that councilmembers know what Wilson can bring to the council

and he feels that he has enough information to make an informed decision tonight. Reed stated that the council can discuss all the candidates and wouldn’t postpone the decision if any of the other candidates had been absent. Councilmember Dave Pfeiffer stated that it was the consensus of the council at its last meeting to move forward with selection tonight. He stated that he believes there is no one more qualified or dedicated than Wilson. Pfeiffer reported on the amount of personal hours Wilson has put in behind the scenes, plowing snow, cutting down trees, and building gazebos. Mike Bartel stated that although the position had a lot of qualified applicants, the experience and passion that Wilson has for the town is incomparable. He stated he believes that Wilson is the best person to fill that seat. Reed stated that she agrees with those statements, but also believes it’s time to move on and to have a new face at the table. She stated her concern for potential problems having a former mayor in a council seat. Audience member John Boggs stated that he believes the greatest person in the world may have difficulty going from being in charge back to a seat on the council with no animosity. He stated councilmembers may need to consider their own human nature and whether Wilson can go back to that council member role and still be a team player. Audience member Jason Driver mentioned Wilson’s concern for projects that he started that are not yet finished. He questioned what might happen if Wilson were to favor those projects more than others that may come up and what may be better for the town. Miller stated that had he lost the mayoral race, he had already decided that he would resign from his council position so as to not create the perception that if he happened to disagree with the mayor, it was because he lost and could be viewed as an attempt to hamstring Wilson. He stated that Wilson originally said he was going to do the same thing, and he believes appointing Wilson to this position would be a very bad idea. He also stated that Wilson had not given him any indication that he is interested in being a team

player, citing a public conversation with Wilson during which Wilson conceded the election win to him with “serious reservations,” then said he was “gunning for that seat,” indicating Miller’s council seat. Miller stated these are not the words or tone of someone who is interested in being a team player under the new mayor. Miller also referenced a Facebook post on Wilson’s mayoral page, which said, in part, “Jason won the election, but did he really? I’m going to run for the council seat.” Miller again pointed out the tone, saying it wasn’t coming from someone who had any intention of working with the new mayor. Miller also noted that 61 percent of the voters chose a new mayor, and said he didn’t believe those voters would agree with putting Wilson right back into a government role. Mears made a motion to vote in a new council member. Miller made a motion to nominate Kyritsis for the council seat. Reed seconded the nomination. The nomination carried with Pfeiffer and Mears opposed.

- Kyritsis and Bartel both read and were administered their oaths of office for their council positions. Miller read and was administered his oath of office for mayor. All offices will take effect on Jan. 1, 2014.
- A lease agreement between Town of Concrete and Concrete School District is nearing completion. The school will lease the parcel of land west of Back to Basics to the town; a plaza is planned for a portion of that land.
- An ordinance changing the number of Planning Commissioners from nine to five was passed.
- Miller distributed an estimate provided by Taurus Construction for building a secondary roof on the Superior Building. The estimate was provided as an FYI; fundraising for the project is ongoing. The goal is to have the roof in place by Dec. 31, 2015.

—Compiled by J. K. M.

### Keep track of your council

To have Concrete Town Council agendas and meeting minutes e-mailed to you automatically, e-mail your request to [andrea@concretewa.gov](mailto:andrea@concretewa.gov) or call 360.853.8401. Concrete Town Council meets the second and fourth Mondays of each month, at 7 p.m. at Town Hall.

## In The Service



**Kimberly Torheim**, CHS 2013, will leave for U.S. Navy Boot Camp Feb. 3 in preparation for becoming a nuclear engineer.

**Kimberly Torheim of Marblemount** is gearing up to serve her country. On Feb. 3 the Concrete High School graduate (2013) will leave for U.S. Navy Boot Camp, the first leg of a journey toward becoming a nuclear engineer. After eight weeks of Boot Camp, Torheim will begin two years of training in the Navy nuclear program, starting with A School, followed by two more sections. Torheim, 18, said she chose the Navy because “I thought it was a smarter branch; it offered more jobs and a better fit for me. It’s about using your brain more than brawn.” When Torheim’s training is complete, she’ll be qualified to run the nuclear reactors on the Navy’s aircraft carriers—there are seven reactors per carrier. “I’m excited to start something new and get started on my life,” said Torheim.

## Continue the cycle

Please recycle this newspaper



# Get to Know the Raptors

Photo by Concrete Herald

*Raptor Presentations by Sarvey Wildlife Care Center.*  
*Join us for this unique opportunity to learn about birds of prey and local wildlife.*



[www.SkagitEagleFestival.com](http://www.SkagitEagleFestival.com)

[www.Concrete-WA.com](http://www.Concrete-WA.com) • [chamber@concrete-wa.com](mailto:chamber@concrete-wa.com)

The Skagit Eagle Festival is funded in part by a grant from Skagit County Lodging Tax.

### Saturday, Jan. 4

10:00 a.m., Noon, 2:00 p.m.  
Concrete High School Gymnasium  
7830 S Superior Ave., Concrete  
**FREE ADMISSION**  
Sponsored by Puget Sound Energy

### Saturday, Jan. 18

1:00 p.m.  
Concrete Theatre  
45920 Main Street, Concrete  
**FREE ADMISSION**  
Sponsored by Puget Sound Energy

### Saturday, Jan. 25

Challenger Ridge Vineyard & Cellars  
43095 Challenger Road, Concrete  
Call for details: (425) 999-1231  
Sponsored by Challenger Ridge

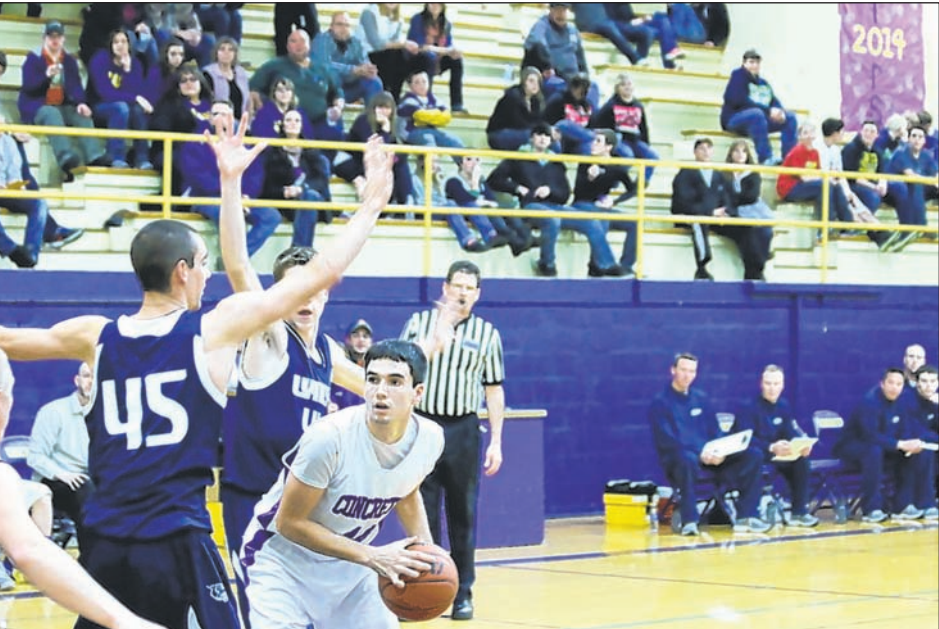




# Sports



## Basketball season launches



Concrete senior Josh Rogge looks through Lynden Christian defenders for a clear pass as the Lions host the Lyncs Dec. 13.



Concrete senior Dallas Newby drives between two Lynden Christian defenders as the Lions took on the Lyncs in Lynden Dec. 6.



**Albert's Red Apple MARKETS**

**GROCERIES / PRODUCE / MEAT**

- Fishing Tackle & Licenses
- 24-Hour Ice
- LOTTO & Cash Machine
- Western Union
- Copies / FAX Service
- Movie Rentals
- Spirits

 cards accepted

**Take-Out from our Deli!**

Hot Dogs - BBQ Roasted Chicken - Pizza

Monday thru Saturday | 9 AM - 8 PM  
Sunday | 10 AM - 6 PM  
44546 State Route 20, Concrete  
**360.853.8540 | FAX 360.853.8208**  
**www.redapplemarkets.com**



Concrete senior Josh Philipsen fights for possession under the basket when the Lions host the Lynden Christian Lyncs Dec. 13.



Concrete sophomore Dylan Clark attempts to draw a Lynden Christian foul on his way to the basket during the Dec. 6 away game.



Lion senior Joey Solomon scrambles for control of the ball Dec. 6 while a Lynden Christian Lyncs player covers him.

**Sports schedules:**

**nw1a2athletics.com**



Concrete players Xyomara Ramos (above left) and Kelse Cargile (above right) tangle with Friday Harbor Lady Wolverines during a Dec. 19 home-court matchup.



## “Spring cleaning” for women’s hoops

By Kevik Rensink, head coach

The Concrete Girls Basketball team had a “spring cleaning” of sorts between last year and the beginning of this season. This type of thing is never planned, but it happens from time to time, forcing a team to start fresh with a new group of players. This year’s group of girls are not only new, they are new to each other, with half of the team being made up of freshmen. A lot of people would look at this as a recipe for disaster. I look at it as a recipe for opportunity—the opportunity to teach, to encourage, and to see growth. These players have done just that. This might be the least-experienced team I have coached, but this is probably the most coachable team I’ve had. These girls come ready to work hard and they always have a great attitude. We are gauging our growth by how much we improve as a basketball team and by how much we improve as a family. The girls have succeeded at both. This starts with great leadership, and our lone senior, Xyomara Ramos (a.k.a. “Z”), has taken on the challenge. She leads from the heart, and she doesn’t do it alone. Z has helped from all of the girls, including fellow co-captain Muriel Troka. From the first day of summer these two girls have been dedicated to making everyone on this team better, as players and as young

women. It continues to pay off. Although our record shows one win and seven losses, we know that is not our true measure of success. Our team is getting better daily. We lost a game by one point, beat Granite Falls 39–34 on Dec. 21, and competed in the the Willapa Valley Christmas Tournament on Dec. 28, where the girls played very well, losing the last game 53–43 to a very good South Bend team. The players continue to have their “best” games over and over again. Kelse Cargile scored a career-high 19 points, including going 5–11 from the three-point line. Chloe Stidman, our freshman point guard, improves literally every game. She put up 10 points, grabbed nine rebounds, and snagged four steals, all while committing only two turnovers. Meanwhile Cassidy Cargile is rounding into one of the best defensive players to wear a Concrete uniform. The future is bright for this team, so don’t let the losses dim your outlook for this group of athletes—they certainly don’t. They think forward and positively, bettering ourselves and those around us every day. Come out and watch some games as we head into the thick of league play in January.


## Athletes of the Month



**Athletes of the Month are Josh Rogge and Xyomara Ramos**  
Senior fullback Josh Rogge was one of the Concrete football team’s game changers this season, with more than 500 yards and nine touchdowns. He was an All-League strong safety this year and last year. “Josh is a team leader,” said Head Coach Ron Rood. “He has a good work ethic and is a great example to the younger players.” Senior Xyomara Ramos—known as “Z” to her peers—was a team captain and played goalie for the Concrete women’s soccer team this season. Ramos was selected as an All-League, Second Team defender this year. She was voted “Most Inspirational” by her teammates with good reason, said Head Coach Adam Woodworth. “She is an inspiration to coach, always pushing herself to her mental and physical limits. She leads with charisma and passion, and has great pride in her teammates and school.” Rogge and Ramos were selected by Concrete Lions Booster Club members based on their leadership, being team players, and demonstrating sportsmanship and character.

**Rood named Seahawks Coach of the Week**

For a fourth time, Concrete High School football head coach Ron Rood has been named Seahawks Coach of the Week. Rood was named for the honor during the week of Oct. 21. Each week during the high school football season, the Seahawks and the Washington State Football Coaches Association select two high school football coaches as the Coach of the Week winners. Each recipient receives several items and privileges, including a \$500 donation to the school’s football program from the Seattle Seahawks and the NFL Youth Football Fund. Rood said he also got to spend about 20 minutes on the field with the Seahawks team while they warmed up. The award money goes to the school’s football camp fund, which needs about \$1,000 for the camp each July. “I’m thankful for the award,” said Rood. “It’s a really good thing.”



**VARSITY FOOTBALL AWARDS**

**Varsity letters:** Vicky Sheehan, Tyler Labrousse, Blaine Storms, Seth Shaffer, Brayden Olmstead, Dylan Clark, Randall Beacham, Trevor Lerma, Donnie Olmstead, Tucker Scollard, Donovan Dellinger, Robert Nevin, Clay Nelson, Cameron Post, Shawn Geary, Mat Baird, Gibson Fichter, Mason Swenson, Kyle Nushart, Josh Rogge, Dallas Newby, Justin Medlock, Jesse Stewart.

**Super Scout:** Tucker Scollard. **Best Blocker:** Justin Medlock. **Coaches’ Award:** Robert Nevin. **Team Captain:** Josh Rogge. **Best Tackler:** Kyle Nushart. **Most Valuable Player:** Gibson Fichter.

**All-League honors:** Robert Nevin, Gibson Fichter, Josh Rogge, Dallas Newby (Honorable Mention), Justin Medlock (Second Team).

**Associated Press All-State honors:** Gibson Fichter, Second Team, with 1,230 yards rushing and 160 points (Skagit County scoring leader, with only nine games).



# Wrestlers return nine this season

By Jason Miller

Sixteen men and seven women. “Not bad,” said Coach David Dellinger of his wrestling squad, “especially since nine of those are returning from last year. That’s helping us a lot.”

Dellinger can better fill out his weight classes on the lower end too, something he couldn’t do last year, resulting in forfeits that hurt the team. He also has a heavyweight in sophomore Robert Nevin. “I’m loaded with sophomores,” he said.

The men kicked off their season with a trip to Bellevue Christian. “We didn’t have the numbers at that match, but we did fine. With only seven wrestlers, we had five in the finals.”

Next was Tacoma Baptist and Chief Leschi, where the Lions lost only three matches total between the two schools.

December 18 found Concrete at Darrington, wrestling Lakewood and Bellevue Christian; the Loggers did the same. Darrington beat both schools. Concrete did too, with a 48–18 win over Bellevue Christian and a 42–32 victory over Lakewood.

“The kids are proving to me that they’re better than I give them credit for,” said Dellinger. “I still think they’re pretty green because we’re pretty young. But (freshman) Louie Ketchum has been in the finals every match. He’s my 106-pounder, and he’s been responding very well. He’s better than he thinks he is.”

Dellinger said Darrington is the league team to beat this year, but he’s confident the Lions will be strong contenders for the title.

**Lady Lions**

With John Koenig coaching them, seven young women wrestlers already are notching strong finishes. This year’s roster is composed of Anjelika Koenig, Emilee Fenley, Taylor Aldridge, Kady Brown, Narissa Elrod, Kayla Anderson, and Madeline Corn.

With three tournaments in December, Fenley and Koenig have climbed into the top three consistently. Newcomer Aldridge has logged a first and a third place so far.

The women’s season began with a Dec.



Concrete’s **Seth Shaffer** listens to advice from his coaches while wrestling Lakewood’s Jacob Dewitt at Darrington Dec. 18. The two teams joined Darrington and Bellevue Christian for a four-school dual meet that saw Concrete and Darrington each defeating Bellevue Christian and Lakewood. Darrington and Concrete did not compete against each other that night.

7 tournament at Emerald Ridge High School in Puyallup, where Koenig took third. Next came the Judy Emry Invite at Henry Foss High School in Tacoma on Dec. 14, with Koenig in second. The Lady Lion Tournament in Lynden on Dec. 21

found Koenig capturing first place in the 124-lb. weight class.

“I’m pretty pleased with the wrestlers this year,” said Dellinger. “They’re growing by leaps and bounds.”



More Than Just **Great Pizza!**

Lasagna ★ Salads ★ Beer  
Sandwiches ★ Homemade Soups  
Espresso ★ Baked Goods

**DELIVERY AVAILABLE**  
5-8 P.M.  
Tues-Sat 11-9 Sun 2-8



**360-853-7227**

## Middle school hoopsters end season with solid records

This season’s middle school boys’ basketball team was notable for its numbers on a couple levels.

Seventeen young athletes showed up to play this year—the highest number of kids we’ve had in the last four years.

I’m very proud of their enthusiasm to play the sport. It is a good sign for the Concrete basketball program, and I am hopeful the majority of these boys participate in high school, because they all have bright futures.

Seventh grade players were Jon Akers, Dalton Newby, Nick Mauck, Marshall Fichter, Tyler Coffell, Michael Booker, and Kaden Becker.

Eighth grade players were James Brock, Riley Fichter, Michael Filtz, Rey Garibey, Tyler Hansen, Austin Herauf, Cole Meachem, Joe Ramirez, James Schoolland, and Tanner Tygret.

Both the 7th and 8th grade basketball seasons came to a close on Dec. 17, with a game against the Immaculate Conception Regional School Spartans in Mount Vernon. The 8th grade boys ended the

season with a 7–3 record, with two close losses to Lopez Island. The boys lost at Lopez by 12 points, and lost by only two points at home, but had a chance to win it in the closing seconds. Schoolland led all scorers with 13 points. This game was a total team effort; the boys had some good defensive efforts at the end of the game to give them a chance to win.

Concrete’s 7th grade team ended the season undefeated (10–0). This is a major accomplishment for a small school playing against the likes of Burlington and Mount Vernon schools. This group of kids play exceptionally well together, and I look forward to having them all back as 8th graders next season.

The 7th grade season ended with the road game against Immaculate Conception, which saw our young Lions come out on top with a 46–33 victory. This was a perfect way to end the season, especially since our Lions were winning by only three points at halftime.

Concrete scoring leaders were Becker and Mauck with 13 points apiece, and Coffell, Newby, Fichter, Akers, and Michael Booker all played well defensively in the second half to secure the victory and a perfect season.

—*Jesse Howell*



Concrete 7th grader **Tyler Coffell** stops on a dime and lets a defender sail past before taking his shot as the Lions battled the Immaculate Conception Regional School Spartans Dec. 17. This was the team’s final game; the young Lions won it 46–33.

## CONCRETE HERITAGE MUSEUM NEWS

**2013 Upper Valley memorials**

The following is not a complete list of those families, friends, and neighbors we lost in the Upper Valley area covered by *Concrete Herald*. The list is meant simply to give a sense of the people who have been a part of our communities and schools. No disrespect is meant by any omissions.

**Concrete High School alumni**

April (Sullivan) Arnold, 41, of Lyman. Henry D. Kimer, 85, of Concrete. Eddie R. Johnson, 65, of Sedro-Woolley. Linda R. Nieshe, 57, of Concrete. Kenneth E. Messer, 68, of Conconully, Wash.

Phyllis E. (Taylor) Eldridge, 76, of Sedro-Woolley. Michael Kempkes, 63, of Concrete.

Frederick J. Bianchini, 85, of Sedro-Woolley (former Chief of Police for the Concrete Police Department). Dale R. Smith, 78, class of 1953 of Edgewood, Wash.

Douglas E. Gates, 76, class of 1955, of Concrete; former truck driver, very involved in the community and Concrete Heritage Museum. Descendant of Skagit County pioneer families to its earliest founding of Mount Vernon.

See **Museum**, p. 27

## At the Upper Skagit Library

The holidays might be over, but let’s continue to celebrate! Looking forward to 2014, we are delighted to share the news that new library Director Brooke Pederson will be joining us Jan. 23. When you stop in to say “hi,” remember to ask about the IT Academy so you can get started on improving your computer skills through the online courses and resources.

Also check out the items that the Washington State Library has donated to our children’s collection. Just in time for the long wintry nights, our DVD collection has expanded, so come in and find some good movies!

If you are interested in award-winning books for children and young adults, the American Library Association will

announce the winners in many categories on Jan. 27. Go to their Web site at [www.ala.org/yma](http://www.ala.org/yma) or ask us about them.

Friends of Upper Skagit Library and the library’s board of trustees and staff will host an open house at the library for Pederson on Sat., Feb. 8, from 10 to 11 a.m. There will be hot beverages and cookies available. This is your chance to welcome Brooke and visit with library supporters.

Following the open house at 11:15 a.m., FOUSL members, and those interested in becoming members, will meet at Concrete Center for a potluck lunch and the FOUSL Annual Meeting. Officers will be elected and proposed activities will be discussed.

—*Kim Mitchell, library associate*

## Lions ROAR

On Dec. 18 the Concrete Lions Club ended its year with the annual Christmas party held in the Concrete High School Commons. Everyone brought an appetizer to share and a gift to exchange. It was such a fun time and a wonderful way to end the year with fellowship and food. More than 30 members and their families enjoyed the evening.

Our last fundraising event for the year was the annual Christmas tree sale. Upwards of 140 trees were sold. Again, we cannot thank our community enough

for buying trees, the proceeds of which will help with our projects in 2014.

A reminder that our only club meeting in January will be on the 15th at Annie’s Pizza Station at 6:30 p.m. Feel free to come as early as 6 p.m.; there are always members who come before the meeting to eat and socialize. All existing members should mark your calendar. For those interested in becoming a member, please submit a membership request. If you just want to see what we’re about, please feel free to stop in.

The Concrete Lions Club hopes that everyone has a wonderful New Year. Always remember we are here to help our community as much as we can.

—*Connie Smithhart*



Great Care.  
Right Here.



Please call **360-814-2424** for more information. [www.skagitregionalhealth.org](http://www.skagitregionalhealth.org)





# Academics



Members of the Concrete School District's fledgling orchestra perform during the music department's winter concert, "Jingle Bell Rock," Dec. 12. The concert included performances from the K-8 and high school bands, the high school choir, and the high school jazz band, with plenty of solo efforts. As always, the concert was well attended.

## United General, Concrete School District win \$40K Farm to School planning grant

A Farm to School planning grant that United General Hospital submitted in April with Concrete School District was recently selected for funding. The proposal was just one of two highly competitive USDA F2S grants awarded in Washington State for 2014, and the only planning grant. The successful proposal showed a high level of readiness and collaboration, with partners including North Cascades Institute, Cascadian Farms, *Concrete Herald*, and Washington Sustainable Food and Farming Network. Grant funds will allow the hospital and school district to form a F2S Advisory Team, conduct assessments, staff training, and Foodshed/seed-to-table education, identify local and regional vendors, purchase fresh food processing equipment, implement field trips to local farms, purchase a local CSA share for use in cooking classes, network with local and regional F2S partners, and other activities. By the end of the grant period, partners will have completed an implementation plan, which will be submitted with an application for a Farm to School Implementation grant for 2015. For more information, or to submit an application to participate on the Farm to School Advisory Team, contact Marjorie Bell at 360.856.7372 or marjorie.bell@unitedgeneral.org.

—Marjorie Bell

**The Upper Skagit Library must find a new home.**

The process of accomplishing this goal has begun. Please contact the library if you have any concerns, questions, or suggestions, or if you would like to help.

360.853.7939 // info@upperskagit.lib.wa.us // We want to hear from you.



Tomas Buchta, a student at Concrete K-8 School, collects a free dictionary from Sedro-Woolley Chief of Police Doug Wood. Wood and Sedro-Woolley School District Superintendent Phil Brockman visited Concrete Dec. 20 as representatives of the Sedro-Woolley Rotary Club, which delivers dictionaries to every 3rd grade student in the Concrete and Sedro-Woolley school districts each year.



Concrete High School student Willy McGuire dances during the "Concrete's Got Talent" show in the high school gym Dec. 14. McGuire took home the grand prize for his effort. Gibson Fichter, CJ Feebeck, and Emily Greso won the high school category with their musical entry; Grace Clemmons took the top spot in the 7th–8th grade category with her saxophone solo; 4th–6th grade winner was Raylee Ward for her talented gymnastics routine. The event was a fundraiser for the high school class of 2014.

## Town seeks student applicants for scholarship fund

Town of Concrete is accepting applications for the AWC Center for Quality Communities Scholarship fund. The scholarship is available through a statewide competitive process for students who are actively engaged in their city government and/or community, and plan to attend a post-secondary school in fall 2014. To be eligible, students must be graduating from high school or home school, or receiving a GED in spring/summer 2014; live in the Concrete School District boundaries; plan to continue their education at an accredited, post-secondary institution in the 2014–2015 academic year on a half-time or more basis; and have been involved with a city or town government or with a community/school leadership activity. Information and application materials can be obtained at [www.townofconcrete.com](http://www.townofconcrete.com) or [www.cfqc.org](http://www.cfqc.org). Completed applications are due no later than February 21, 2014. Submit completed materials to:

Town of Concrete  
ATTN: Andrea Fichter  
P.O. Box 39  
Concrete, WA 98237



Concrete K-8 School students load up their lunch trays Dec. 5 at a new salad bar recently installed at the school. The salad bar was purchased with a matching grant from Salad Bars 2 Schools, the application for which was tag-teamed between Concrete School District and United General Hospital's Community Health Outreach Programs. Area donors raised \$2,600 to fulfill the school's obligation for the matching grant.

## YD update

"Peace on earth." It's a phrase we heard often last month. Often we turn that thought of peace into noise and chaos. Some of you might have been the recipient of that on Dec. 16, when we Christmas caroled around town. One of my favorite moments was packing 28 people inside Logger's Landing and singing "Feliz Navidad" to T.K. and his frightened customers. I'm pretty sure T.K. was the only one smiling. After a short, "peaceful" break for Christmas and New Year's, we are gearing up for some more "noise and chaos" as YD starts back up again on Jan. 6. Our first event will be our annual Winter Olympic Games. This event always draws a bunch of kids, and is a great way to kick off the new year. We have several fun packed events planned from now until Spring Break, and our new schedules will be out by the first Monday in January. Be sure to check it out and get involved. Concrete Youth Dynamics will go on our annual snow retreat ("Hotdoggin' 2014") from Jan. 17–20. We will leave Concrete after school on the 17th and meet up with several of the other area YDs before heading over the pass to

Leavenworth for the weekend. Concrete YD has 17 students signed up for this event, and we are anticipating 100 or more high school students from all around the Northwest will attend. This is a great opportunity for our local youth to get away from home, meet other students, develop great relationships, and come home with awesome memories and hearts that have been changed for the better. They will participate in several events, such as downhill skiing, snowboarding, cross-country skiing, snowshoeing, sleigh rides, sledding, touring around Leavenworth, inner-tubing, and even rafting down monster snow hills. Sound like fun? It is! The kids come back with some amazing stories, and more importantly, some changed lives. This is the first of several retreats we take students on throughout the year. These trips fill up fast, as this one already has a waiting list, so be sure to stay connected to what is happening in Concrete YD year-round. We meet every Monday from 7 to 9 p.m., and can be reached at 360.853.6815. We hope everyone had a merry Christmas and a happy New Year. Have a blessed year to come.

—Kevik and Marta Rensink

### CASCADE SUPPLY

**Manager's Special!**

While Supplies Last!  
**14<sup>97</sup>**  
3.6V Screwdriver  
305901 Sale ends 1/31/14

**Special Buy!**

While Supplies Last!  
**14<sup>99</sup>**  
7" X 9" Scraper  
719346 Sale ends 1/31/14

**Happy New Year!**  
Christmas items are on sale.  
Stop in during Skagit Eagle Festival  
for all your wintertime needs!

**Special of the Month!**

Your Choice

While Supplies Last!  
**5<sup>99</sup>**  
8 pk. "AA", 8 pk. "AAA",  
4 pk. "D", 4 pk. "C", or 2 pk. 9V  
Alkaline Batteries  
812692 805513 801410 801429 816655 Sale ends 1/31/14

**Tool Savings!**

While Supplies Last!  
**14<sup>97</sup>**  
10" 40T Marathon Blade  
340456 Sale ends 1/31/14

45900 Main St., Concrete • 360.853.8811 • Mon.—Sat., 8:30 to 5:30





# Clear Lake



## Craft fair popular in December



Jan Staudenraus of Mount Vernon displayed a plethora of items made from vintage sheet music inherited from her mother, a lifetime pianist. Wreaths, Christmas tree ornaments, cards, wall hangings, and more adorned her booth at the Clear Lake Craft Fair Dec. 7.



The Tiemens family from Concrete did double duty Dec. 7, dividing forces to display their wares at the Clear Lake Craft Fair and the Concrete Bazaar. Mom Rebekah and son Noah pose with some of Rebekah's creations at the Clear Lake event.



Carol Bowen from Sedro-Woolley brought these whimsical handmade toy soldiers to sell at the Clear Lake Craft Fair Dec. 7. Can you tell what they are? Plant pots!

Right: Brenda Sem (left) from Sedro-Woolley and Tiffany Caulk from Mount Vernon set up their tables at the Clear Lake Craft Fair. Sem sold gift bags, door knockers, signs, and tulle Santas, and Caulk sold a variety of other adornments.



### Community meetings

**Coffee Talk**, a casual conversation about Concrete's transformation, meets the third Fri. of each month at 8 a.m. at The Washington Cafe and Bakery, Concrete Town Center. 360.853.8213.

**Community Chat**, an informal conversation about projects in Darrington, meets the second Fri. of each month at 8 a.m., at Mountain Loop Books and Coffee, 1085 Darrington St., Darrington. 360.436.2167

**Concrete American Legion Post and Auxiliary** meet the second Tue. of each month, Sept. through May, at 5:30 p.m. in the American Legion Building. 360.853.8940.

**Concrete Chamber of Commerce** meets the second Thur. of each month at 8 a.m. Meetings usually are held at Concrete Center in Concrete. 360.466.8754 or concretechamber@mac.com.

**Concrete Heritage Museum Board** meets the third Wed. of each month, at 7 p.m. at the museum. Meetings are open to the public. 360.826.3075 or concreteheritagemuseum@gmail.com

**Concrete Lions Club** meets the first and third Wed. of each month, at Annie's Pizza Station, Concrete. Social at 6 p.m.; meeting at 6:30.

**Concrete Resource Coalition** meets the third Thur. of each month, at 1 p.m., at the Concrete School District offices (usually in the north room at the eastern end of the building).

**Concrete School Board** will hold a work session on Jan. 27, at 6 p.m. in the high school Commons. The board will hold its regular meeting Jan. 30 at 6 p.m. in the high school Commons. 360.853.8141.

**Concrete Town Council** meets the second and fourth Monday of each month at Town Hall, 45672 Main St., Concrete, at 7 p.m. 360.853.8401 or andrea@concretewa.gov.

**Darrington Area Business Assn (DABA)** meets the third Wed. of each month, 7 p.m., at Cascade Senior Center, 1115 Darrington St., Darrington. 360.436.2167.

**Darrington Town Council** meets the second Wed. of each month at Town Hall, 1005 Cascade St., at 7 p.m. 360.436.1131 or darrcityhall@glacierview.net.

**Forest Park Cemetery District No. 5** meets the second Wed. of each month at the cemetery

office on Compton Lane in Concrete, at 8 a.m. 360.708.3656.

**Friends of Upper Skagit Library (FOUSL)** Board meets the third Tuesday of odd-numbered months at the East County Resource Center in Concrete, at 1 p.m. Public welcome to attend. uslfriends@gmail.com.

**Hamilton Town Council** meets the second Tue. of each month at Town Hall, 584 Maple St., Hamilton, at 7 p.m. 360.826.3027.

**Imagine Concrete** meets the third Tue. of each month in the Pilots' Lounge at Mears Field in Concrete, at 6 p.m. Open to the public. 360.853.8213 or goodwords@frontier.com.

**KSVU station info and host training**, second Wed. of each month at Portable B behind Concrete K-8 School, 1 to 4 p.m. Call 360.416.7001 to confirm appointment.

**Lyman Town Council** meets the second Tue. of each month at Lyman Town Hall (Minkler Mansion), 8405 S. Main St., Lyman, at 7 p.m. 360.826.3033 or clerk\_lyman@msn.com.

**PFLAG** (Parents, Families, and Friends of Lesbians and Gays) Skagit County Chapter, meets the second Monday of each month at The Safe Haven Room, Central United Methodist Church, 1013 Polte Rd. Sedro-Woolley, from 7 to 8:30 p.m. 360.856.4676, www.pflagaskagit.org.

**Saukrates Cafe** meets the last Wed. of each month at Annie's Pizza Station in Concrete, at 6 p.m. Conversation topics are posted at Upper Skagit Library and <http://saukratescafe.wordpress.com>.

**Sedro-Woolley High School Alumni Association** meets the third Wed. of each month, at 1 p.m., at the Sedro-Woolley Senior Center. 360.424.7243

**Sedro-Woolley Town Council** meets the second and fourth Wed. of each month, at 7 p.m., in the Council Chambers at City Hall, 325 Metcalf St. 360.855.1661.

**Sedro-Woolley School District Board** regular meeting is Jan. 13 at 7 p.m. at the Support Services Building. 360.855.3500 or kcargile@swsd.k12.wa.us.

**Upper Skagit Library District (USLD)** Board meets the third Thurs. of each month at 5 p.m. in the library, located in the Ted Anderson building on Main St. in Concrete. Public is welcome. 360.853.7939 or info@upperskagit.lib.wa.us.



Upper Valley novelist Robin Wood attended the Concrete Christmas Bazaar Dec. 7 with a selection of her works.



### Community Calendar



#### JANUARY

- 1 New Year's Day
- 4-5, 11-12, 18-19, 25-26 Skagit Eagle Festival, various events and locations; see article, p. 1; info at [www.skagiteaglefestival.com](http://www.skagiteaglefestival.com)
- 8 Open house for new Director Brooke Pederson, Upper Skagit Library, Concrete, 10 to 11 a.m.
- 11 Darrington Community Dance, Mansford Grange, Darrington; music workshop at 4:30 p.m., potluck at 5:30 p.m., introduction and dancing at 7 p.m.; info at 206.402.8646
- 15 Healthcare community checkup meeting, Skagit Publishing Community Events Room, 1215 Anderson Rd., Mount Vernon, 2 to 4 p.m.; see notice, p. 34; RSVP to [wcox@pugetsoundhealthalliance.org](mailto:wcox@pugetsoundhealthalliance.org)
- 18 Memorial service for Gene Shepard, Community Bible Church, 45872 Limestone St., Concrete, 2 p.m.
- 22 Low-cost gelding clinic, Arlington location, \$100 fee; see ad, p. 16; info at 360.424.8250 and [www.freewebs.com/rhaf](http://www.freewebs.com/rhaf)

\*Community Calendar is updated daily at [www.concrete-herald.com/calendar](http://www.concrete-herald.com/calendar)

## Geld Your Stallions!!

See ad, p. 16

## AREA FOOD BANKS

#### Clear Lake

##### Community Covenant Food Bank

Next to church at 12605 Hwy 9, Clear Lake  
For a referral, call Love Inc. at 360.419.7061  
between 9:30 a.m.-3 p.m.

360.826.4090

#### Concrete

##### Concrete Food Bank

112 E. Main St., Concrete  
Second, third, and fourth Thur. each month,  
Noon-3 p.m.  
360.853.8505

#### Darrington

##### Darrington Food Bank

First Baptist Church  
1205 Emmens St., Darrington  
First and third week each month:  
Wed. and Thur., 10-noon and 1-2 p.m.  
360.436.9603

#### Hamilton

##### Hamilton Community Food Bank

951 Petit St., Hamilton  
Every Tue., 11-noon and 1-3 p.m.

#### Lyman

##### Shepherd's Heart Food Bank

8334 S. Main St., Lyman  
Every Thur. 10:30 a.m.-1 p.m.  
Self-help classes after food bank closes; call  
for subjects: 360.853.3765

#### Marblemount

##### Bread of Life Food Bank

59850 State Route 20, Marblemount  
First and third Wed. each month  
11 a.m.-5 p.m.  
360.873.2504

#### Sedro-Woolley

##### Helping Hands Food Bank

601 Cook Rd., Sedro-Woolley  
Wed., 10-11:45 a.m. and 12:30-4 p.m.  
Commodities distributed first Wed. each month  
360.856.2211

\*Changes? Call 360.853.8213.

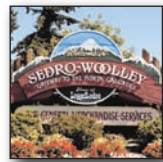


**LEMLEY CHAPEL**  
Funeral Directors

Rick Lemley  
Doug Hutter  
Tobi Stidman

**360-855-1288**  
1008 Third St. • Sedro-Woolley, WA 98284  
[www.lemleychapel.com](http://www.lemleychapel.com) [info@lemleychapel.com](mailto:info@lemleychapel.com)





# Sedro-Woolley



## Christmas events draw hundreds

**Below: Preston Geary, 3, of Sedro-Woolley wears a very Grinchy grin while enjoying the kiddie train ride during the Dec. 7 Christmas celebration in downtown Sedro-Woolley.**



**Left: Sedro-Woolley Boys & Girls Club Director John Garman (left) mugs for the camera with a Grinchy character who bears passing resemblance to EDASC Director Don Wick. The two were in town Dec. 7 for Christmas festivities, including the evening parade.**

### Christmas parade/display winners

**Bing Crosby White Christmas Award:**  
833 Marshall  
**Clark Griswold Award of Excellence:**  
9107 Fruitdale  
**Mixed Media Award:**  
823 Borseth  
**Most Creative Use of Lights:**  
695 Brickyard Blvd.  
**Best Nativity (4th year in a row):**  
713 Brickyard Blvd.  
**Best Spirit of the Holidays Award:**  
335 Warner St.  
**Traditional Lighting Award:**  
609 Ferry St.  
**Martha May Whovier Award for Massive Use of Lights:**  
423 Puget St.  
**Best Overall Neighborhood for Use of Lights:**  
Brickyard Blvd.  
**Honorable Mentions:**  
Miranda Stambach, 318 Township  
Donald Brook, 912 7th St.  
Derek Reed, 1000 Curtis St.

**Grinch Theme Awards**  
**Best Outdoor Display:**  
State Farm Insurance, 820 Township  
**Best Window Display:**  
Janicki Industries  
**Overall Christmas Spirit Award:**  
Country Meadow Village  
**Best Outdoor Lighting:**  
Sedro-Woolley Eagles  
**Honorable Mentions for Grinchiness:**  
Sedro-Woolley Family Dental, Hometown Café,  
Allelujah Business Systems, Eldred & Associates,  
Rene's World.

**Parade Awards**  
**Musical Group:**  
1st Place: Sedro-Woolley High School Band  
2nd Place: Concrete High School Band  
3rd Place: Cascade Middle School Beginning Band  
**Decorated Vehicle:**  
1st Place: Girl Scouts Whooleyville  
2nd Place: Sedro-Woolley Volunteer Fire Dept. ladder truck  
3rd Place: First Baptist Church Jungle Playland  
**Honorable Mentions:**  
Sedro-Woolley Museum  
Sedro-Woolley Co-op Preschool  
Sedro-Woolley Youth Football Midget Champions

**2013 Cheermeister:**  
Samantha Frazier



**Sedro-Woolley Museum Executive Director Carolyn Freeman waves from the museum's float during the Christmas Parade Dec. 7.**

## Geld Your Stallions!!

**LOW-COST GELDING CLINIC FEB. 22 \* FEE \$100**

Contact Wilma at [w.tronstad@frontier.com](mailto:w.tronstad@frontier.com) and provide:  
Owner's name, phone #, address, and equine's name, age, breed.

Clinic location: Arlington, WA \* No Cryptorchids

Ripley's Horse Aid Foundation™ your WA neglect-prevention charity  
360-424-8250 \* [www.freewebs.com/rhaf](http://www.freewebs.com/rhaf)

RHAF \* 1530 William Way, #204 \* Mount Vernon, WA 98273

## Christmas fun in Sedro-Woolley



**Eleanor Colvin, 2, from Sedro-Woolley waves while riding a pony during the Dec. 7 Christmas event in downtown Sedro-Woolley.**



**Cathleen Sabatinos of Concrete and her granddaughter, Livi Garnick, 5, paused for a photo with Mrs. Claus (Geraldyn Curtis) during a Dec. 14 lunch with the familiar First Lady at United General Hospital. The event allowed children to spend time with Mrs. Claus, making sure their requests were going straight to Santa himself. About 55 attendees feasted on a kid-friendly menu, decorated cookies, wrote letters to Santa, and made crafts to take home. The annual event is a fundraiser for the United General Hospital Auxiliary. Submitted photo.**



**From left, Amaya Sharratt, 12; Shaely Spilker, 12; and Autumn Davis, 12, joined fellow singers from the Cascade Middle School Choir, singing around the Christmas tree in downtown Sedro-Woolley before the parade Dec. 7.**

### Chamber names new officers

The Sedro-Woolley Chamber of Commerce added two members to its board and named new officers in December.

The new board members are Tracy Sanders Reece and Debra Peterson. The new officers are President Samantha Stormont, First Vice President Tony Salas, Second Vice President Brett Greenwood, Secretary Jennifer Aylor, and Treasurer Dawn Pierson.

**Sedro-Woolley businesses help to  
bring you Concrete Herald every month.  
Please support them!**

**Nick VanJaarsveld**  
Financial Advisor

**Edward Jones**  
MAKING SENSE OF INVESTING



913 Metcalf Street  
Sedro Woolley, WA 98284  
Bus. 360-855-0239 Fax 866-816-2219  
Cell 360-333-4849  
[nick.vanjaarsveld@edwardjones.com](mailto:nick.vanjaarsveld@edwardjones.com)  
[www.edwardjones.com](http://www.edwardjones.com)





# Lyman



## Council summary

The Lyman Town Council held a regular monthly meeting on Dec. 10, preceded by a public hearing for the 2014 operating budget. Following is a summary of those meetings. Complete minutes for every council meeting are posted in the hall by the front door of Lyman Town Hall.

### Dec. 10 public hearing

- Mayor Debra Heinzman called the public hearing to order at 6:30 p.m.
- Clerk Debbie Boyd presented the budget with the updates from the work session to the council. There were no citizens present to make comments.
- Mayor Heinzman adjourned the meeting at 7 p.m.

### Dec. 10 public hearing

- Resolution 2013-7—the Water System Plan update—was reviewed and discussed. Changes that council

had requested had been made. Josef and Stacy from G & O were present to explain the changes. They added the Well 2 “pump replacement” and removed “history of leaks” from the Capital Improvements Plan, corrected the tax rate, and added the address of the storage tank. They also added the Interlocal with PUD to appendix G and added PUD as the approved contractor. A councilmember asked Josef about the town’s DSL; he answered that small systems typically have a high DSL. The state wants to see that the utility is actively pursuing a solution to bring down the leakage, whether real or virtual.

Council approved Resolution 2013-7, accepting the Water System Plan update.

- Mark Kitchen reported that the monthly water loss is at 26 percent. He also explained the treatment plant report, telling the council what he does daily. He answered the question

regarding the daily residual. Dept. of Health requires it be done Monday through Friday; weekends and holidays are not required.

Kitchen also reported that he is working on his daily duties. Councilmember Mike Swanson suggested that there is too much time being spent on writing everything down. He also commented that it is not because council wants a minute-by-minute description of what employees do daily. He asked Clerk Boyd how she is doing on hers. She said it is going OK. Councilmember Gail Ganga commented that a comment of “not in my job description” spurred the request for daily duties reporting, so council could write up a proper job description of what they feel both employees’ duties are.

- Kitchen reported that he will be stripping and priming the siding that was donated by Mark Young for

Town Hall.

- Mayor Heinzman directed Boyd to write a thank-you to Mark Young in the newsletter and thank him for the mowing he did this summer.
- Swanson made a motion to send the letter dated Dec. 10, 2013, to Mr. McCown regarding his property at 31561 E Third. Motion passed.
- Swanson moved to pass Ordinance 239, the 2014 Operating Budget. Motion passed.
- There were no citizen comments.
- The meeting began with the following actions:

Council approved the minutes from its November meetings.

Council accepted the Treasurer’s report for November.

Council approved to pay the bills for December.

**Concrete Herald**  
The Voice of the Upper Skagit Valley

## Lyman Library tales

It looks like the winter rain and cold are here and that means more indoor activities. Our book donations have been generous the past few months, so if you haven’t been in recently, drop by and check out your favorite authors.

Excuse the odd empty shelf as you look. Our inventory has grown and I am having to move things a bit.

For the quilters in our area, the tables in the library are good for layering and tying your latest projects. Many of us cannot get down on the floor any more to do what

has to be done with big quilts, and using the table certainly makes it easier.

We have several young puzzle fans in town and they are kind enough to add new ones to our collection. There are some that even I won’t try, and I love doing them. Imagine trying to figure out a table covered with golf balls. Don’t think I want to go there!

I hope everyone had a good holiday, whichever one you celebrate. The New Year is upon us and hopefully will be a better one, with less war and more happiness in our world.

—Elaine Kohler

Our area businesses advertise in  
Concrete Herald to bring you The Voice  
of the Upper Skagit Valley every month.

Please support them!



# Day Creek



## Community notes

The **December potluck and caroling** event was a HOOT. The group was greatly satisfied from the delicious dinner and filled the trailer with happy carolers! The group looks forward to caroling in 2014. (Mark your calendar NOW!)

Day Creek Chapel’s **metal scrap drive** kicked off the fundraising effort last July and is continuing; donations are still being accepted too. Look for a container from Skagit Steel parked on the Chapel grounds. Gather up scrap to drop off or call Pastor Travis for pick-up at 360.661.4533. The plan is to fill another container and reach \$20,000 to fund the next project: the roof.

To make a monetary donation, mail cash or check to:

Day Creek Chapel  
31438 S. Skagit Hwy.  
Sedro-Woolley, WA 98284

**Relationship Encounter: “Our Secret Paradise,”** featuring Jimmy Evans of MarriageToday, is planned for February. For date and time, call 360.826.3581.

**Women Hand in Hand** will present LeAnn Hart as the special guest at its

next women’s conference, slated for April 25–26. Hart sets priorities as God first, husband second, kids third. Vivacious and talkative, Hart is a country singer who has performed for thousands. Hart and her husband, J.W., a retired bullrider, operate a cattle ranch in Oklahoma. She is a much-loved speaker at women’s events, sharing honestly of her struggles and joys.

Any women’s ministry group that wants to be involved with **Women Hand in Hand** is encouraged to contact any one of the following:

Sylvia Miles	360.826.3696
Sharon Herring	360.661.5037
Bonnie Lintz	360.856.1385
Sue Walden	360.826.3944
Kathy Henderson	360.826.3581

Donna Pulver and Kathy Henderson, co-directors of **Kingdom Builders**, are back on the road. Along with traveling the roads of Day Creek, meeting community members, and gathering information, they will be available to the community for hospital visits and crisis calls. Kingdom Builders has been out helping those in need right here in Day Creek. With a fire on Potts Rd., there is a young man needing to restock. If you have something you would like to donate, please call, or call if you are in need: 360.826.3003, 360.826.3581, or 360.826.3822.

The **Day Creek Walkie Talkies** are up and at ’em. Every day around 7 a.m., there is a group walking the streets of Day Creek. When you see them, wave or honk—or better yet, join them. For more information, call 360.826.3175.

**Day Creek Book Club** meets at Cedar Springs Lodge on Barben Rd. For more information, call 360.661.0247.

### Gin’s world of decorating

One year as I was putting Christmas away and we had been sprinkled with snow, I thought, Why not leave the snowmen out? They have since become traditional January and February decor in my home.

I resist putting them in my Christmas displays and I have fun with the family, gathering the snow people as decorations, putting everyone to work. Now I am happy to see those carrot noses poking

out of tubs as Frosty promised to “be back again someday.”

I have snowmen at every conceivable turn, in every room. Homemade, store bought, or gifted to me. They are all part of the family now.

### Garden dirt

- January is the perfect time to imagine and plan your outdoor gardens for this coming spring. A well-planned garden plan can help you resist the temptations of the seed catalogs and the spring garden shows that make it so easy to over buy.
- Take a walk outside with note paper in hand and note where areas need to be filled in. Is there room for more flowers or shrubs, or maybe even a small tree?
- Vegetable garden planning: Consider the crop rotation of your garden. What was planted last year and what should be planted there this

coming spring? Proper plant rotation is an easy way to prevent pests and diseases while managing adequate soil fertility.

- Remember, looking forward and looking back, you can use both foresight and hindsight to plan you gardens.

We are looking for **ideas for the community**—fun events and fundraisers to support the fire hall and get to know the neighbors. If you have an idea, call Donna Pulver 360.826.3003 or Kathy Henderson at 360.826.3581.

—Kathy Henderson

Continue the cycle

Please recycle this newspaper

## Subscribe Today!

Your life. Your stories. Your news.

1 Year  
Subscription Options

..... 12 ISSUES .....

Print	E-edition*	Combo
\$27	\$15	\$36

Send your check, payable to Concrete Herald, to:  
**Concrete Herald**  
P.O. Box 682, Concrete, WA 98237

Prefer to pay with a credit card?

Go to [www.concrete-herald.com](http://www.concrete-herald.com) and click on “Subscribe”

**Concrete Herald**  
The Voice of Eastern Skagit County

\*E-edition sent via e-mail as a PDF attachment(s); include e-mail address with order.  
See [www.concrete-herald.com](http://www.concrete-herald.com) for Canadian and overseas rates.

Smart businesses  
advertise in the  
**Travelers’ Guide!**

Reach visitors to the Upper Skagit Valley by advertising in the 2014 North Cascadian Travelers’ Guide.

**Publication Date**  
May 2014  
Circulation: 15,000  
Pages: 56  
**Deadline for ads and payment:**  
April 4, 2014

The Travelers’ Guide showcases the history and events for visitors to:

Clear Lake, Sedro-Woolley, Lyman, Hamilton, Birdsvie, Grasmere, Concrete, Rockport, Darrington, Marblemount, Newhalem, and Diablo.

A **Concrete Herald** Publication

For more information or to request an advertising rate card, send an e-mail to [editor@concrete-herald.com](mailto:editor@concrete-herald.com).  
**Call 360.853.8213**

2014 Community  
Potluck dates

January 21, 6:30 p.m.  
February 18, 6:30 p.m.  
March 18, 6:30 p.m.  
April 15, 6:30 p.m.  
May 20, 6:30 p.m.  
June 17, 6:30 p.m.  
July 15, 6:30 p.m.  
August 19, 6:30 p.m.  
September 16, 6:30 p.m.  
October 21, 6:30 p.m.  
November 18, 6:30 p.m.  
December 16, 6:30 p.m.

**Gin’s world of decorating**

One year as I was putting Christmas away and we had been sprinkled with snow, I thought, Why not leave the snowmen out? They have since become traditional January and February decor in my home.

I resist putting them in my Christmas displays and I have fun with the family, gathering the snow people as decorations, putting everyone to work. Now I am happy to see those carrot noses poking

Save a tree!

Subscribe to the new e-edition of Concrete Herald!





**Above:** Dozens of seniors enjoyed a free Christmas dinner Dec. 17, courtesy of Mike and Melissa Swanberg, owners of The Washington Cafe and Bakery. The annual event was held in the old Eagles building next to The Washington Cafe, which the Swanbergs acquired last year. The feast drew about 35 seniors, who were served by nine volunteers. *Photo by Amanda Martin.*



**Left:** Concrete Lions Club member Luther Galbreath, left, helps prospective customer Mike Cooper select a Christmas tree from the organization's tree lot Dec. 7. The local service club sold about 140 trees this season, with proceeds going back into the local community.



**Above:** Lisa Fregoso of Concrete selects toys at the American Legion post in Concrete Dec. 15. The toys were collected throughout the Upper Valley via the Toys for Tots organization, and distributed through Community Action. Behind Fregoso is Legion Post Commander Adolph Nieshe.

**Left:** Michelle Samuelson, 10, of Concrete, chats with Santa, a.k.a. Kevik Rensink, during the Christmas in Concrete celebration Dec. 7.



**Above:** Concrete and area locals volunteered to create a live Nativity scene in Concrete Town Center Dec. 7 and 14. Shown in this Dec. 14 photo are Angela Massingale and Colvin Swanberg (standing), with Jarrod Lee as Joseph and Valerie Lee as Mary. Massingale's goat, Dovie, played the role of a stable animal.



**Above:** Members of Concrete Youth Dynamics descended on Albert's Red Apple Market Dec. 16 as they made their way through Concrete and the vicinity singing Christmas carols. Mat Baird (brown stocking cap, with back to camera) "conducted" the very, very joyful and very, very loud choir.

www.concrete-herald.com

# December in pictures

www.concrete-herald.com

**Right:** Local Girl Scouts showed up at Cascade Supply in Concrete during November, spreading Christmas cheer with carols. *Photo by Nathan Renzelman.*



**Left:** Kinsley Moser, 2, of Birdsvew, isn't fully convinced Santa is someone she wants to hang out with, even though daddy Adam Moser encouraging. Woody Deryckx donned the red suit for Birdsvew Brewing Company's Dec. 21 "Beerzaar."



**Left:** Anna Spangler is all smiles after winning a giant Christmas stocking full of goodies from Cascade Supply in Concrete. *Photo by Nathan Renzelman.*



**Above:** Santa Teddy Pritchard has a lapful of Pritchard youth during his appearance at Birdsvew Fire Hall Dec. 14. From left, Remington Pritchard, 2; Barrett Pritchard, 7 months; and Cherokee Pritchard, 5, all from Birdsvew.



**Above:** Sharon Herring from Birdsvew brought Cement City Coffee to Birdsvew Brewing Company's "Beerzaar" Dec. 21.



**Above:** Concrete Mayor-elect Jason Miller signs his oath of office during the Dec. 9 Town Council meeting. His first day on the job was Jan. 1. *Photo by Denise DuVarney.*

**Above:** Columbia Bank (Concrete branch) employees Leatha Sullivan, Vicki Past, and Lynette Gentry were pretty proud of their ugly Christmas sweaters, which they wore ... on a dare, rumor has it.







# Hamilton



**Dojha Culter whispers to Santa** during the Hamilton Christmas Party, held at Town Hall/Pioneer Museum Dec. 15. The party included refreshments, crafts for kids, and stocking caps courtesy of Scott Bates in the role of that famous right jolly old elf. *Photo by Kaidyn Coker.*

**Briefly ...**  
**Hamilton Town Hall** is open 9 to 11 a.m. Monday through Friday. Town Hall now has public Wi-Fi; the password is posted in the meeting room. A children’s lending library also has been started.  
**Does the Town of Hamilton have something of yours?** Many items are currently being stored as part of the town museum. Most of these items have no documentation for where they came from, who donated them, or the story

behind them. The town wants to change that and learn which items are donated, which are on loan, and how they relate to the town’s history. Any help with this project, either by sharing your information with us or helping to collect the information from others, would be appreciated.  
Hamilton Town Hall can be reached at 360.826.3027 or townofhamilton.2010@gmail.com.  
*—Joan Cromley*

## Council summary

*The Hamilton Town Council held a regular meeting Nov. 12. Following is a summary of that meeting.*

- The meeting began with a public hearing for the 2014 budget.
- Susan Dills addressed the council regarding renting the old Fire Hall. Her husband, Tom Dills, would like to restore his personal car in the building. They would put in lighting, fix the window and roof, cover the window, and do regular maintenance. They offered \$125 per month. Matt Coker stated that he along with Billy Fisher and Scott Bates also were interested in the space. They would use it for storage. Council discussed the offers. Insurance coverage was questioned. Fire Chief Nick Bates stated he would look into moving the siren, which is now in the building. Councilmember Moore made a motion that the town consider moving the siren and inquire about insurance coverage before an agreement was made. Councilmember Betlam

- second. The item was tabled until the Dec. 10 council meeting. A draft of rental agreement documents also would be prepared for review at the Dec. 10 meeting.
- Mark Watkinson from Emergency Management addressed council regarding flood season. He presented council with a Skagit County Flood Response Organization – Area Command Organizational Chart and Area Command Coordination Diagram. Watkinson and Bates discussed previous floods and proper procedures during a flood.
  - Council voted to accept and have Mayor Joan Cromley sign the Interlocal Agreement with the Association of Washington Cities.
  - Council voted to extend the town’s moratorium on marijuana for another six months.
  - Council voted not to raise the Budget Levy and Property Tax Levy by one percent for 2014.
  - Council approved the pay rates for Town of Hamilton staff and accepted the Hamilton Employee Handbook.
- compiled from staff notes*

## Birdsview buzz

Happy 2014, everyone! Sorry I missed writing the Birdsview Buzz last month—too much of the holidays! But new year, new start.  
Happy belated birthday to three important ones from last month:  
Dec. 16: future sons-in-law Jack Mattingly and Matt Hocking.  
Dec. 24: favorite No. 4 child Jessie Voigt.

29 Bev Dellinger

As 2014 begins, a little reflection on 2013. What started out to be the worst year ever for the Voigts ended up being the best year ever. We raised money for two local animal shelters, had a successful Birdstock, raised \$1,700 during our Cardiac Arrest Month (which was donated to Seattle Children’s Hospital), our Cardiac Arrest beer won an award at the Anacortes Beer on the Pier, and we filled our Toys for Tots bin up more than three times, thanks to our customers.  
In 2014 the Voigt family will “officially” welcome two new members. Jack Mattingly will marry daughter Jessie and Matt Hocking will marry daughter Nicki. Can’t wait to see what other things are in store for the family. Birdsview Brewery continues to grow as well. Look forward to even more new beers and more music and other events.  
Thank you to everyone for your support, and we look forward to making 2014 even better than 2013.  
*—Kris Voigt*

### January birthdays

- 3 Deborah Money
- 4 Alex Draco
- 5 Natalie Bangalan
- 6 Jaci Gallagher
- 10 Ryan Jepperson
- 18 Taylor Warner, Ginger Cutler-Campbell
- 20 Barb Kales, Ray Hambleton
- 21 Loralyn Jones
- 25 Sheya Sanchez
- 27 Jeffrey Garland
- 28 Seth Smith



# Rockport



## PIONEERING TODAY Homemade crackers

By Melissa K. Norris

January is a time of new beginnings. For many people this includes organizing and setting up budgets. Many of us spend more during December than any other month, because of Christmas, extra food for the holidays, and a high electricity bill.  
The pioneers rarely had this problem, as they preserved foods especially for the holidays, like candied citrus peel, candied apples, mincemeat, and dried fruits for fruit cake. They had a real food larder and cooked from it.  
If you’re looking to cut down on your food bill, making things at home instead of store-bought, processed versions is a great place to start. Not only will your food bill go down, but you’ll be eating more healthful versions.  
Now that I grind my own flour and make our bread, pastries, cookies, tortillas, and just about anything made with flour, I can’t stand to buy the store-bought versions. I decided I’d make my own crackers after reading the ingredient list on the box. We do our best to eliminate GMOs from our diet, and the store-bought varieties were loaded with them.  
These crackers are versatile, great by themselves or with cheese, jellies, or dips. Plus, they only coast about 40 cents to make two pans.

### Homemade crackers

- 1-1/4 cup flour (I use a combo of

- freshly ground organic spelt and hard white wheat. Spelt is a primitive, nonhybridized wheat that has low gluten content)
  - 1 teaspoon homemade Dorito seasoning or your favorite herb/spice combo
  - 1/4 teaspoon paprika (we like smoked paprika)
  - 4 tablespoons organic butter
  - 1/4 cup water
  - 1 tablespoon honey
1. Preheat oven to 400 degrees.
  2. In a medium bowl, combine flour, seasoning mix, and paprika. Using a pastry cutter, cut in cold butter. Butter is cut in when flour becomes crumbly. Add water and honey; mix until combined.
  3. On a lightly floured stone, roll out thinly half of the dough. Using a pizza cutter, cut into even squares. You can also use a cookie cutter to make fun shapes or to get fancy for a party or special event. The crackers shrink a tiny bit when baking, so no need to move them apart.
  4. Bake for 10 minutes. Keep an eye on them; they can burn quickly. Allow them to cool on the stone if they need to continue crisping. You also can remove the crackers on the outer edge if they’re cooking faster than the middle ones.
  5. Store crackers in a glass Mason jar with lid or in a plastic bag.

*Melissa K. Norris is a Christian fiction novelist who lives in Rockport. Find her online at [www.melissaknorris.com](http://www.melissaknorris.com).*

## Interpretive Center offers guided walks, info through Jan. 26

The doors of the Skagit River Bald Eagle Interpretive Center in Rockport will be open to the public through Jan. 26, on Saturdays and Sundays from 10 a.m. to 4 p.m. The center is located along the northern edge of Howard Miller Steelhead Park.  
The center offers guided walks on Saturdays and Sundays at 11 a.m., and special speakers on Saturdays at 1 p.m. unless otherwise posted. Eagle Watchers are set up and equipped with high-powered binoculars to get an up-close view of the bald eagles and help visitors begin their eagle-watching adventure at three locations along the Skagit River on Saturdays and Sundays from 10 a.m. to 3 p.m.  
There are many local rafting/boating companies that depart from Steelhead

Park. Rockport State Park is offering walks through the old growth forest and crafts for children, along with a slide show on Fridays, Saturdays, and Sundays from 10 a.m. to 3 p.m. Marblemount Fish Hatchery offers guided tours on Saturdays and Sundays from 10 a.m. to 3 p.m.  
The center is operated through donations and volunteers. This year a raffle will help raise funding. The tickets will be sold at the center and the information center in Concrete. Go to our Web site or Facebook for other listings. Tickets are \$5; the drawing will be held Jan. 26.  
For more information, go to [www.skagiteagle.org](http://www.skagiteagle.org), search “Skagit River Bald Eagle Interpretive Center” on Facebook, call 360.853.7626, or e-mail [srbeatic@frontier.com](mailto:srbeatic@frontier.com).  
*—Kelly Regan*

### Savvy businesses advertise in Concrete Herald

**Targeted.** Five thousand copies circulate through Whatcom, Skagit, and Snohomish Counties every month, reaching an untapped market of readers, many of whom say they read only *Concrete Herald*.

**Smart.** Concrete Herald keeps your ad in front of readers’ eyes for three to four weeks per placement.

**Flexible.** A variety of options accommodate your goals and budget. Ad design services also are available.



“Our ads in *Concrete Herald* help us reach out to the community with health information and hospital news. I know it works, because I get calls and e-mails from *Concrete Herald* readers.”

~ Valerie Stafford  
communications director  
United General Hospital,  
Sedro-Woolley

## Concrete Herald

The Voice of Eastern Skagit County  
[www.concrete-herald.com](http://www.concrete-herald.com) 360.853.8213





# Darrington



Darrington and area citizens read suggestions posted on the walls of the Darrington Community Center during a Dec. 12 community forum to discuss the quality of life in Darrington. Photo by Marla Skaglund.

## Community forum addressed quality of life in Darrington

By Marla Skaglund

On Dec. 12 the Darrington Intervention-Prevention Community Coalition (DIPCC) and the Family Resource Center teamed up to present a community forum titled, “Family Night with a Purpose” to discuss the quality of life in Darrington. More than 50 community members, as well as state and county representatives, attended the event, which was held at the Darrington Community Center. The purpose of the event was to gather leaders from multiple sectors of the community and for community members to share their concerns surrounding drug and alcohol addiction. After dinner, each leader hosted a table through which community members rotated. At each table, community members were asked to share questions and comments based on their ideas for each leader. The various leaders were then asked to share the ideas given by community members, which

were noted and posted for review by attendees. Numerous ideas were generated, including:

- Neighborhood Watch programs
- Community garden
- Better public notification of sex offenders
- Identify drug dealers and ensure serious consequences
- Identify who is purchasing alcohol for youth
- More safe teen nights/family nights.

Attendees included local business owners, Sauk-Suiattle Tribe representatives, Darrington School District representatives, Snohomish County Deputy Sheriff Andy Kahler, Darrington Mayor Dan Ranking, and representatives from Pierce County’s Safe Streets program.

Darrington businesses bring you Concrete Herald each month. Please support them!



Darrington Mayor Dan Rankin (right) talks with Senator Kirk Pearson (middle) and Commissioner of Public Lands Peter Goldmark during a Dec. 10 gathering in Darrington. Hosted by the fledgling Darrington Resources Advocacy Association, the meeting brought several stakeholders together to discuss a number of challenges currently facing Darrington and other rural communities. Topics included backcountry access, road maintenance, and funding. The DRAA has as its initial goals fish recovery in the Sauk River, timber management, and recreation. Its mission is to increase awareness, use, or understanding of the natural, historical, cultural, and educational resources that abound in the Darrington vicinity. Photo by Marla Skaglund.



Local Cub Scouts escort Santa and Mrs. Claus into the Darrington Community Center for the Dec. 7 Craft Fair. Santa’s vehicle of choice that day was an engine from Darrington Fire Dept.



Joe and April McConaughy, (right), with Prairie Mountain Honey, discuss their tasty product with a potential customer during the Darrington Craft Fair Dec. 7.

### January at the Darrington Library

#### Children and family programs

- LEGO Club, Thursdays, Jan. 2, 16; 3 to 4 p.m., K through 5.
- Winter Extravaganza: Dr. Owl’s Silly Science: The Power of Air, Sat., Jan. 4, 11 a.m.
- Winter Exploration Band, Mondays, Jan. 6, 13, 27 and Feb. 3, 10, 24, 6 p.m.; all ages; space is limited, pre-registration required
- Monster Madness! Mon., Jan. 27

#### Teen programs

- Winter Warnings: Movies to Make the Blood Run Cold, Wednesdays, Jan. 15 (“Dream House”); Feb. 5 (“The Exorcism of Emily Rose”), 26 (“The Eye”); and March 12 (“Lady in

the Water”), 4 p.m.

#### Adult programs

- Beginning Guitar for Adults: Winter Sessions, Jan. 8, 15, 29; Feb. 5, 12, 19, 12:30 p.m.; preregistration required.
- Intermediate Guitar for Adults: Winter Sessions, Wednesdays, call library for dates at 360.436.1600, 1 p.m.
- Darrington Bibliophiles (book lovers), Toys, by James Patterson, call library for date, 360.436.1600, 6:30 p.m.

For more information, go to [www.sno-isle.org?ID=1194](http://www.sno-isle.org?ID=1194) or call 360.436.1600. —Bryan Stratton, branch manager

## Darrington Community Dance

Jan. 11, Mansford Grange, Darrington

Music Workshop, 4:30 p.m.  
Potluck, 5:30 p.m.  
Introduction and dancing, 7 p.m.

Questions: 206.402.8646



Serenadi Vaughn-Brooks, 5, from Darrington, asks Santa for dolls and ponies during the Darrington Craft Fair at the community center Dec. 7.



Darrington senior Elesha Forrest attempts to flip Lakewood’s Tommie Mosteller during a four-school dual meet on the home mats Dec. 18. The Loggers beat Lakewood and Bellevue Christian.



**“Hometown Proud”**

Locally owned by people you can trust!

**Darrington IGA**

Randy Ashe, Kevin and Sheila Ashe, owners.

**1090 Seeman St. • Darrington**  
Mon. - Sat.: 7 a.m. to 8 p.m. • Sun. 9 a.m. to 6 p.m.

**360.436.0141**  
[d.iga@frontier.com](mailto:d.iga@frontier.com)







# Marblemount



## Marblemount to host Eagle Festival events

The weekend of Jan. 11–12 is packed with Skagit Eagle Festival events in Marblemount. Here’s a look at what’s in store for attendees.

**Jan. 11–12, 11:30 a.m. to 12:30 p.m.**

Interactive puppet show for all ages: “The Saga of the Sockeye Salmon,” hosted by Christie Fairchild, director of Komo Kulshan Outdoor School, and friends.

**Jan. 11–12, 12:30 to 1 p.m.**

Rosy Cayou of Guemes Island, historian and legend storyteller of the Samish Indian Nation, joins Indian drummer Tsul-Ton from the Upper Skagit Indian Tribe/ Samish Indian Nation to share history and legends of the Northwest ecosystem through stories and song.

**Jan. 11–12, 2 to 3:30 p.m.**

Peter Ali, of Berber and Yaqui Indian heritage, as well as Spanish and Italian descent, a self-taught Native American flutist, will perform with a variety of native flutes and share stories of his rich heritage.

**Jan. 11, 3:30 to 5 p.m.**

Paul “Che oke ten” Wagner will perform. A internationally known presenter of traditional songs and stories of his Coast Salish tribal ancestors, Che oke ten is a member of the Wsaanich (Saanich) Tribe of southern Vancouver Island, B.C. An award-winning Native American flutist, his songs have come to him with visions of healing and prayer for all relations.

**Jan. 12, 3:30 to 5 p.m.**

JP Falcon Grady, acoustic guitarist of the Blackfeet Nation, performs acoustic rock as a foundation, with reggae, Jawaiian, country, and blues ballad influences.

**Jan. 12, 10 a.m. to 5 p.m.**

Local and Native American art:

- Sasa of Firewoman Studio: Northwest Native American coastal designs
- Rodney Bain: handspun and dyed yarns from locally grown fleeces
- Corina Sahlin: handmade soaps and felt hats
- Pat Buller Photography: North Cascades wilderness and native wildflower images
- Rusty and Cindy Shirley: Locally grown handcrafted jams and relishes
- Peter Ali: Native flutist
- Tsul-Ton, Upper Skagit/Samish Nation tribes: traditional prints
- William Moses: Native American flutes and jewelry
- Paul Wagner: Native American flute CD, “Journey of the Spirit”
- Indian tacos and fry bread, 11 a.m. to 3 p.m.

For more information, go to [www.skagiteaglefestival.com](http://www.skagiteaglefestival.com).

### Concrete Herald

*The Voice of the Upper Skagit Valley*



Reluctant 1-year-old Josie Wright decides a seat on father Joe Wright’s lap is close enough to Santa Bob Garrison during the Christmas celebration at Marblemount Community Hall Dec. 1.



Marina Pederstuen and her husband, Scott, brought a selection of handmade lotions, soaps, and other body care products to the Christmas bazaar at Marblemount Community Hall Dec. 1. (I can vouch for the “Fisherman’s Soap.”)

Chaun Watrous (left) shows off her homemade evergreen swags and wreaths during the Christmas bazaar at Marblemount Community Hall Dec. 1.



# Newhalem



**Museum, cont. from p. 11**

Orville “Huck” Hockett, 75, class of 1956, of Sedro-Woolley. Donald L. Garland, 65, class of 1966, of Birdsview; equipment operator in construction, loved his coffee and pull tabs, loved his wife and sons.

Father and son: Kenneth Cuthbert Sr., 81, class of 1955, of Rockport and his son Kenneth Cuthbert Jr., 55, class of 1977, of Kirkland, Wash.; both members of the Upper Skagit Indian Tribe.

**Hamilton High School alumni**

Jean (Sheckels) Hubler, 88, class of 1942, of Mount Vernon. Doris (Mullen) Campbell, 94, class of 1936, of Sedro-Woolley; former teacher in the Sedro-Woolley School District. Myron F. Nielson, 91, class of 1941, of Hamilton; worked for Washington State Parks and played a character for the Wild Women of Woolley.

Clifford Johnson, 87, class of 1943, of

Olympia; former resident of Birdsview, with his family’s farm still owned by a nephew on Wilde Rd. off SR 20.

Obituary information may only have been shared if individuals attended Concrete High School or earlier surrounding schools. Most did not list the year they graduated. The last graduating class from Hamilton High School was the class of 1943.

**Upriver communities**

Sylvia (Dills) Anderson, 100, of Sedro-Woolley; came with her husband from North Carolina to Birdsview with many children in tow, many of whom have made their mark in the county, including one becoming a county commissioner.

Gene F. Shepard, 89, of Concrete; worked for years at Seattle City Light, also an EMT for Newhalem Fire Department. Scott E. Richmond, 54, of Marblemount; also worked for Seattle City Light.

John C. Matterand, 88, lifetime



Becky Azure (left) and Sarah Steenbarger gave Santa Bob Garrison an earful during the Marblemount Christmas celebration at Marblemount Community Hall Dec. 1.

### North Cascades National Park Service Complex

operating hours, closing dates, and other park information and updates are posted on its Web site: [www.nps.gov/noca](http://www.nps.gov/noca) or check with any visitor center.

resident of Clear Lake; family honored in 2012 as “Family of the Year” by Clear Lake Historical Association. Helen C. (Ammons) Nations, 77, of Clear Lake.

Mary G. Heinzman, 69, of Lyman; mother-in-law of the town mayor. Johnnie L. Daves, 62, of Brevard, N.C.; grew up in Birsdview and graduated from Sedro-Woolley High School.

Daniel D. Rasar, 80, of Bow; benefactor who donated the land that is now Rasar State Park in Birdsview.

Howard B. Royal, 97, of Everett and his granddaughter, Dianna L. (Royal) Miskimins, 51, of Renton; both of the Birdsview Pioneer Boyd family since 1882, and who were honored at the 2012 Pioneer Picnic.

Corrections and additions to this compilation are welcomed.

**Museum notes**

Concrete Heritage Museum is closed for the season. Until next Memorial Day weekend, you can make an appointment

to visit the museum or do research in its library; simply call Robin Wood at 360.826.3075.

**Meetings** are held year-round on the third Wednesday of each month, at the museum, at 7 p.m. The public is welcome to attend.

**New museum Web site:** Our new home on the Internet can be found at [www.concreteheritagemuseum.org](http://www.concreteheritagemuseum.org). Our new e-mail address is [concreteheritagemuseum@gmail.com](mailto:concreteheritagemuseum@gmail.com).

—Dan Royal

**Not advertising in Concrete Herald is like winking in the dark\***

**\*You’re the only one who knows what you’re doing.**

**Call 360.853.8213 today to be seen in Concrete Herald.**

## Smart businesses advertise in the Travelers’ Guide!

Reach visitors to the Upper Skagit Valley by advertising in the 2014 North Cascadian Travelers’ Guide.



**Publication Date**  
May 2014

Circulation: 15,000  
Pages: 56

**Deadline for ads and payment:**  
April 4, 2014

**The Travelers’ Guide showcases the history and events for visitors to:**

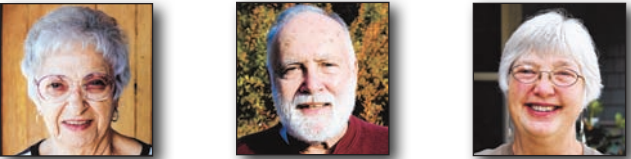
Clear Lake, Sedro-Woolley, Lyman, Hamilton, Birdsview, Grasmere, Concrete, Rockport, Darrington, Marblemount, Newhalem, and Diablo.

A **Concrete Herald** Publication

For more information or to request an advertising rate card, send an e-mail to [editor@concrete-herald.com](mailto:editor@concrete-herald.com).

**Call 360.853.8213**





# Seniors



## Coffee Break

Are you qualified?

By Patrick Kennedy

Being a senior is an important status in life. A senior citizen is often defined as an elderly person, one who has retired. But then you discover the times you have known for years move away, or you move. All of a sudden the familiarity and the support of well-tested experiences begin to vanish before your eyes. Once again you may find yourself faced with the task of proving seniorship. It feels like being a freshman in high school again. Doubts start to set in, but you don't have to limp to prove it.

There are many hints from the worldly people for how to go about this process of being a senior: join clubs, volunteer, make a list of the activities you enjoy, join a gym, book club, the Elks, the Eagles, or just a golf club or bowling team. And the logical fallback idea is to join a senior's club to meet people your own age. The list goes on.

Seniors come in different categories. There is the upper stage of seniors who are from the "silent generation," maybe born during the Depression or before the big

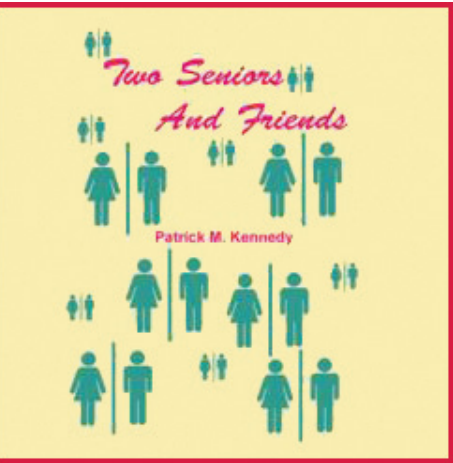
one, WW II. Or those born later, called the Baby Boomers, who were born in the Summer of Life and later became yuppies with all that term's historical and hysterical implications.

There are criteria to be met to prove you are your age. What is a cap gun? Remember glass milk bottles and ice delivery to the door? Remember TV test patterns, or curb finders for the side of the car? If you ask for the location of the nearest phone booth so you can make a call, do people look at you like you're crazy? If they ask, "What's a phone booth?" you turn around and walk away and look for a cigarette vending machine or a Checkered Cab, flash cubes, some Lincoln Logs, or free maps or air for the tires at the gas station. Repeat these to other seniors and they will know what you are talking about; if they know, they qualify.

Possibly you shouldn't limit your new friends to people your own age. It might be wise to fold a few youngsters into your circle of friends to keep being hip and groovy and up to date on things you wouldn't normally think about. Of course, with some things they may not know what you are talking about, but maybe you can teach them a little off-the-wall history. And to qualify as a senior you must hold your head high and acknowledge what you have experienced and what you know because of it.

Don't be shy.

Patrick M. Kennedy is the author of Two Seniors and Friends. Find it at [www.funwithretirement.com](http://www.funwithretirement.com).



## Way Back When

### 80 years ago

Jan. 11, 1934: The organization of Concrete Volunteer Fire Dept. is rapidly being completed, following a series of meetings during the past week. On Friday evening an organization meeting was held, with Fire Chief Ropes of Sedro-Woolley present to give the boys a few ideas on organizing and also a few pointers in the operation of a volunteer department.

Last night the first regular meeting of the department was held, with Fire Chief Al Johnson conducting the meeting. The main item of business was adoption of a constitution and bylaws to be submitted to the city council at its next meeting.

The bylaws call for regular meetings of a 12- to 15-man department, and regular fire drills and practices. Prospective members will be admitted by vote and only to the full quota of 15 active members.

### 70 years ago

Jan. 6, 1944: Superior Portland Cement Company employees, who'd had quite a celebration New Year's Eve in the belief that they had just completed 436 days without a lost-time accident, had their happiness dispelled Monday, when it was found that one minor accident had developed into a lost-time case that would upset their record.

The accident that upset their hopes occurred on Dec. 16, when Fred Heeck received a bad

bruise on the shin while at work at the quarry. He worked several days without difficulty and then took his Christmas holiday. The bruise became infected, and he was unable to report to work this week. Since the accident occurred in December, it will be charged during that month, although no time was lost until after the first of the year.

In the Jan. 6, 1944, issue of Concrete Herald, Editor Charles M. Dwelley responded to the news, writing, "The cement plant is unhappy over the loss of their Safety Trophy for 1943 by one single accident at the close of the year. While it is a disappointment not to add 1943 to the already impressive list engraved on the trophy, the mere realization that concerted effort can bring such freedom from injury is worth noting. If they never complete a calendar year with a perfect record, they are still way ahead of those who do not even try."

### 60 years ago

Jan. 28, 1954: Old-timers racked their memories for anything like it in the past. Records showed nothing to match, either. And while folks were doing a lot of talking about it, they also were trying to dig out and resume a normal life after a snowfall that reached a depth of almost 4 feet on the ground in Concrete and up to 6 feet in Marblemount.

Worst hit by the storm were the Upper Valley communities, which were out of power, telephone, and even highway communication for anywhere from a few hours to almost a week.

See Way Back, p. 29

## Concrete Center January 2014 Activities

Mon. - Fri., 10 a.m. to 3 p.m.  
Lunch served Tue. - Fri., noon

### Mondays

10 a.m. Jigsaw puzzles  
Noon Coffee Bar  
Noon Birthday party, 1/27  
12:30 p.m. Skip Bo, Dominoes

### Tuesdays

10 a.m. Jigsaw puzzles  
Noon Lunch  
12:30 p.m. Skip Bo  
12:30 p.m. Leap of Faith, 1/28

### Wednesdays

10 a.m. Watercolors  
10 a.m. Jigsaw puzzles  
10:30 a.m. Advisory Board mtg., 1/8  
Noon Lunch  
12:30 p.m. Skip Bo  
12:30 p.m. Bingo, 1/8, 1/29

### Thursdays

10 a.m. Jigsaw puzzles  
10:30 a.m. Indoor walking  
Noon Lunch  
12:30 p.m. Skip Bo

### Fridays

10 a.m. Jigsaw puzzles  
11 a.m. Indoor walking  
Noon Lunch  
12:30 p.m. Dominoes  
12:30 p.m. Skip Bo

### Furlough/Holiday closures

1/1 Holiday  
1/20 Holiday

### Foot Care

Until further notice, Foot Care is not being offered at Concrete Center.

For foot care, call Sedro-Woolley Senior Center at 360.855.1531.

Read  
Concrete Herald  
The Voice of the Upper Skagit Valley

Way Back, cont. from p. 28

The Rockport woods really took a toll this year, as power lines went down soon after the snow began to pile up on the big trees. After battling for several days, the power crews finally were pulled out to avoid a serious accident.

### 50 years ago

Jan. 9, 1964: A driving lesson resulted in \$1,000 worth of smashed doors and building last Saturday, when Mrs. Audress Phillips of Concrete was at the wheel of a car attempting to park in front of Albert's Serve-U. As the car came into the curb, Mrs. Emily Lewis, 26, who was acting as instructor, reached for the brake and instead stepped on the accelerator.

The car jumped the curb and plunged through the front doors. The accident happened at about 3 p.m., but, luckily, no one happened to be directly in front of the doors when the car came crashing in.

Damage to the Lewis car was estimated at about \$75. The storefront will require a major repair job.

Jan. 16, 1964: Things were moving along last week at the site of the proposed Catholic Parish Hall on C. St. in Concrete. Trucks were busy hauling fill materials from the Van Horn cut, surveyors were at work setting the grade for the fill to be made on Limestone St., and a bulldozer was moving the truckloads of materials into place on the lot around the big fir tree that is to be left as part of the landscaping. The old St. Catherine Mission Church looked on as if in anticipation of a new building to keep it company.

### 30 years ago

Jan. 5, 1984: Concrete Municipal Court jurors for 1984 were recently selected at random from voter registration filers of town residents. Included in the 20-member jury of

10 men and 10 women are Helen Parker, Mildred Crinklaw, Lila Tingstrom, Anne Bussiere, Bertha Imbleau, Dana Broderson, Mary Hosheit, Doreen Gentry, Rebecca Hoover, Bertha Bridge, Clarence Campbell, Gerald Ray, Robert Ross, Steve Ellenberger, Don Pope, Fred Brand, Robert Sjoboen, Clarence Kempkes, Norton Shelver, and Robert Fader.

The jurors will listen to cases involving possible jail time, including driving while intoxicated, reckless driving, criminal trespass, and other misdemeanor and gross misdemeanor charges.

Until a law was passed in July 1983 regarding jury trials by small towns such as Concrete, cases were sent to other courts. The new ruling provides greater access to jury trials for offenders as the court load, except in cases of felonies, will be lighter because of the smaller municipalities handling the cases.



40 years ago: Sandra and Sheila, daughters of Mr. and Mrs. Dan Dellinger of Concrete, were pictured in the Jan. 24, 1974, issue of Concrete Herald as they prepared for the annual Camp Fire Mint Sale. Archive photo.



40 years ago: Among the top players on the 1974 Concrete High School women's varsity basketball team were these athletes pictured in the Jan. 31, 1974, issue of Concrete Herald. From left, Barbara Newby, Melinda Mehlum, Cindy Dills, Debbie Anderson, Rhoda Mehlum, and Kelly Cuthbert. The team, coached by Betty Torgeson, held a 6-3 record at that point, with seven games remaining in the season. Archive photo.



# Obituaries

**Howard B. Royal, 97**, passed away Dec. 18, 2013, in Everett.

Howard was born Sept. 16, 1916, in Carrolls, Wash., to Thomas E. and Mabel (Boyd) Royal. At age 7 he moved to Skagit Valley with his family and attended grade school in Birdsvew. His mother’s family had come into the area in 1882. Howard was the last living grandchild of the Lewis A. Boyd family, which was honored at the 2012 Pioneer Picnic in La Conner as “Pioneer Family of the Year.”



Howard and his brothers learned logging and horse logging at a very early age from their father; he started working in the timber industry at 17. He left the Birdsvew area for the last time in 1945, living in several Oregon and Washington communities thereafter, logging, driving log trucks, and working as a heavy equipment operator. Howard was a wonderful musician who played any instrument he set his mind to, and played and sang in many country western bands.

He married Jackie Lou Bartel on Nov. 14, 1962, in Dalles, Ore., and they lived there until moving to the Everett area in 1969. Howard retired in June 1982 from his job as an assembly machinist for Western Gear and Evergreen Industries.

Howard was preceded in death by his parents; step-father Orlando Steen; siblings Thomas O. Royal



Jr., Maudie Laird, Jack Royal, and Shirley McLain; daughter Gail Nelson and her son, Karey Nelson; and granddaughter Dianna (Royal) Miskimens.

Howard is survived by his beloved wife Jackie; sons Philip (Donna) Royal and Tim (Anne) Royal; daughters Robin (Garry) Mickleson, Beverly (Donald) Coulter, and Karen Heiser; many grandchildren and great-grandchildren, and two great-great grandchildren.

Howard was remembered and interred at Hawthorn Memorial Lawn Cemetery in Mount Vernon, on Dec. 27, 2013, with a graveside service.



**Clifford V. Johnson, 88**, passed away Feb. 5, 2013, in Olympia.

Clifford was born Nov. 19, 1924, the son of William S. and Maye (McConnell) Johnson in Birdsvew, on the family dairy farm. Cliff attended the Birdsvew School and then Hamilton High School, as part of the last graduating class in 1943. Until recently he was a regular yearly attendee of the Hamilton High School Alumni Reunions in Sedro-Woolley.

Following the dissolution of his first marriage, Clifford left the Skagit area, working many jobs, then

retired as an auditor for the State of Washington in Olympia. He married Birdie Swelland in 1972 in Auburn, Wash.

Cliff was a wonderful musician and enjoyed playing many places in the Olympia area for seniors, and continued doing some part-time accounting work.

Cliff was preceded in death by his parents and siblings Robert Johnson, Elizabeth Burton, Ruth Steen, Wilma Nuzman, Mack Johnson, and Ernest Johnson.

Cliff is survived by his wife Birdie Johnson of Olympia; his son and daughter, Michael Ryan and Lucinda Ryan, both of California; stepchildren Maureen (Ira) Frank, Shelley (Bob) Stewart, and Mr. and Mrs. Myron Kirby. He enjoyed his grandchildren.

Clifford was cremated and laid to rest in a private family ceremony at the Hamilton Cemetery in Hamilton.

Obituaries published in Concrete Herald

from May 2009 to present are posted online at: [www.concrete-herald.com/obituaries](http://www.concrete-herald.com/obituaries)

For more information, call 360.853.8213 or e-mail [editor@concrete-herald.com](mailto:editor@concrete-herald.com).

## Sunday School lesson

### Simply amazing

By Rob Thomas

There is a wonderful story in the Gospel of Luke (as well as Matthew’s Gospel) that I have read countless times. In it, a Roman centurion (a soldier in charge of 100 other soldiers) asks Jesus (a Jew) to

heal his servant. But there is much more to the story than that.

The Roman writer Varro reminds us that in Jesus’ day, the only difference between a slave, an animal, and a cart was that the slave talked. In other words, the slave was a mere piece of property. And yet the Roman centurion had compassion on his servant (Luke 7:3).

Second, we read that the centurion built a synagogue for the Jews (Luke 7:5). Here was a Roman soldier funding the building of a place of worship for the Jews that he was responsible for ruling. As such he was a man of generosity.

Third, we read that the centurion felt he was unworthy for Jesus to come into his house (Luke 7:6). In those words, the centurion demonstrated a humility unknown to the typical soldier of Jesus’ day.

Finally, the centurion tells Jesus that all that is needed for healing to take place is for Jesus to simply speak the words (Luke 7:7). How many of us would have wanted/expected/demanded Jesus to come and touch the individual to ensure the possibility of healing? And yet, in response to the centurion’s faith, the servant was healed.

The Roman centurion was a man of compassion, a man of generosity, a man of humility, and a man of faith. Why do I believe this is so critical for us to consider as we begin the New Year? I’m so glad you asked.

I discovered in my studies that there are only two recorded times in which Jesus “marveled” or was “amazed” at others. Once was in Mark 6:6 when Jesus was

See Sunday School, p. 39

## Skagit County Sheriff’s Office Blotter

### Dec. 2

A male caller from Maple St. in Cape Horn reported a theft. He discovered a computer and other items missing. He recently had a female staying with him; after she left, he discovered the items were gone. Deputies have a suspect and are investigating.

**Dec 5**

A deputy responded to a possible theft of a chainsaw from one of the Marblemount Volunteer Fire Dept. engines. As equipment was transferred between apparatus, the fire crew discovered they were short one Stihl chainsaw. Deputies and the fire chief are looking into the possible theft or misplacement of the saw.

**Dec. 7**

Deputies have responded to a motel on SR 20 in Concrete on several occasions. The most recent involved a pair of

Level 3 Sex Offender NOTIFICATION

The Skagit County Sheriff has released the following information pursuant to RCW 4.24.550 and the Washington State Supreme Court decision in State v. Ward, which authorizes law enforcement agencies to inform the public of a sex or kidnap offender’s presence.

**Parker, Brennen Lee**  
Age: 32  
Race: W Sex: M  
Height: 6’ 2”  
Weight: 320  
Hair: Blonde  
Eyes: Blue  
Address: 460xx Baker Dr., Concrete

Parker was convicted of first-degree child molestation in Clallam County. His victim was a seven-year-old male who was known to him. Threats/intimidation were used.

Parker is not wanted by the police at this time. Citizen abuse of this information to threaten, intimidate, or harass registered sex or kidnap offenders is a punishable offense and also will result in the removal of the online notification resource.

Source: Skagit County Sheriff

transient subjects. One accused the other of stealing medication. Another time, deputies responded to a domestic assault, and the male subject fled from deputies.

**Dec. 8**

While responding to a priority call near Illabot Creek Rd. at 2 a.m., a deputy nearly struck an intoxicated female sitting in the roadway. She was sitting in a blind corner, quite drunk. The deputy identified her and returned her to her nearby home. I thought the elk were a problem; now we have this. Don’t play in the street.

**Dec. 9**

Deputies responded to the horse camp on Medford Rd. A female caller reported two women had shown up at the trailer, demanding to know if a certain man was there. Deputies determined there were no threats or any crime. It appears this man has at least two mad women after him.

Deputies responded to a report of a missing 88-year-old man on Cape Horn Rd. near Hamilton. Unfortunately the man was located nearby, deceased. It appears there was no foul play involved.

Deputies continue to respond to Mill Ave. in Concrete for issues. One female resident has a no-contact order with another, cars come and go at all hours. There is a significant amount of foot traffic and vehicle traffic during hours of darkness. This leads me to believe drug activity is occurring. Please call 911 if or when you witness any suspicious activity. If you happen to live on Mill Ave. and read this, we’re on to you.

**Dec. 10**

A passerby called to report kids playing on the ice just north of Main St. in Lyman. When a deputy arrived, the youngsters were gone. This could have gone horribly bad if the ice had given way. That slough could easily drown someone. Please stay off the ice unless you’re absolutely certain of its thickness and strength.

A school bus became stuck on Alfred St. in Rockport. No one was injured; another bus was dispatched to transfer the students. The county road crew arrived in the area with sand a short time later.

A caller from Pine St. in Cape Horn reported a theft of prescription pain medication from their vehicle. Prescription medication fraud is on the rise throughout the county. You’ve heard this from me before; there’s more to this story.

The Marblemount Volunteer Fire Dept. responded to a pickup truck ablaze on Illabot Creek Lane near Marblemount. The fire appeared suspicious, and the County Fire Marshal is looking into the incident. The owner of the truck is nowhere to be found, but needless to say,

## Sergeant’s corner

### Winter driving

By Chris Kading



The best advice for driving in bad winter weather is not to drive at all if you can avoid it. Don’t go out until the snow plows and sanding trucks have had a chance to do their work, and allow yourself extra time to reach your destination.

If you must drive during inclement weather, make sure your car is prepared and that you know how to handle road conditions. It’s helpful to practice winter driving techniques in a snowy, open parking lot, so you’re familiar with how your car handles. Consult your owner’s manual for tips specific to your vehicle.

**Driving safely on icy roads**

- Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you.
- Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.
- Turn on your lights to increase your visibility to other motorists.
- Keep your lights and windshield clean.
- Use low gears to keep traction, especially on hills.
- Don’t use cruise control or overdrive on icy roads.
- Be especially careful on bridges, overpasses, and infrequently traveled roads, which will freeze first. Even at temperatures above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges. For example, the South Skagit Hwy. and Concrete Sauk Valley Rd. have some very shady, slippery patches. If you’ve ever slid through there and cheated death, you’ll know exactly where to slow down.
- Don’t pass snow plows and sanding trucks. The drivers have limited visibility, and you’re likely to find

the road in front of them worse than the road behind.

- Don’t assume your vehicle can handle all conditions. Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.

**If your rear wheels skid ...**

- Take your foot off the accelerator.
- Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left. If they’re sliding right, steer right. Steer into the skid.
- If your rear wheels start sliding the other way as you recover, ease the steering wheel toward that side. You might have to steer left and right a few times to get your vehicle completely under control.
- If you have standard brakes, pump them gently.
- If you have anti-lock brakes (ABS), do not pump the brakes. Apply steady pressure to the brakes. You will feel the brakes pulse; this is normal.

**If you get stuck ...**

- Try not to spin your wheels. This will only dig you in deeper.
- If your vehicle is equipped with 4-wheel drive, ensure it is actually in 4-wheel drive. Some vehicles need to be switched into 4-wheel drive with a button or lever.
- Turn your wheels from side to side a few times to push snow out of the way.
- Use a light touch on the gas to ease your car out.
- Use a shovel to clear snow away from the wheels and the underside of the car.
- Pour sand, kitty litter, gravel, or salt in the path of the wheels to help get traction.
- Try rocking the vehicle. Shift from forward to reverse, and back again. Each time you’re in gear, give a light touch on the gas until the vehicle gets going.

Chris Kading is sergeant for the Skagit County Sheriff’s Office East County Detachment in Concrete.

## Worship directory

<b>Assembly of God</b> <b>Concrete Assembly of God</b> 45734 Main St., Concrete; 853.8042 Sun. worship: 10 a.m. Tue.: Men’s meeting, 8:30 a.m. Wed.: Adult Bible study, 6 p.m. Thur.: Women’s Bible study, 6:30 p.m. Bruce Martin, pastor	Sunday School: 9:45 a.m. Sun. worship: 11 a.m. and 6 p.m. Wed.: 7 p.m. John Batts, pastor E-mail: <a href="mailto:pastorjohn@firstbaptistclearlake.com">pastorjohn@firstbaptistclearlake.com</a> Hamilton First Baptist Church 797 Hamilton Cemetery Rd. at SR 20 Office: 360.826.3307 Sunday School: 9:40 a.m. Sun. worship: 11 a.m. and 7 p.m. Ron Edwards, pastor	<b>Covenant</b> <b>Community Covenant Church</b> 12605 Highway 9, Clear Lake 360.856.1023 // <a href="mailto:covenant@wavecable.com">covenant@wavecable.com</a> <a href="http://www.clearlakecov.org">www.clearlakecov.org</a> Sunday School: 9:30 a.m. Sun. worship: 11 a.m. Call for weekly youth group/Bible studies Tim Hedberg, pastor	Sun. worship: 11 a.m. Marilyn Kallshian, pastor
<b>North Cascade Community Church</b> 59850 SR 20, Marblemount 360.873.2504 // <a href="http://www.mmag.net">www.mmag.net</a> Sunday School: 9:30 a.m. Sun. worship: 10:30 a.m. Thur.: Men’s meeting, 8 a.m. Thur.: Bible Study, 7 p.m. Dave Nichols, pastor E-mail: <a href="mailto:pastordave@fastmail.fm">pastordave@fastmail.fm</a>	<b>Lyman Church</b> 31441 W. Main St., Lyman Office: 360.826.3287 Sunday School: 9:30 a.m. Sun. worship: 11 a.m.	<b>Free Methodist</b> <b>Day Creek Chapel</b> 31438 S. Skagit Hwy, Sedro-Woolley Office 360.826.3696 Sun.: 9:15 a.m. prayer svc, 10 a.m. worship Tue.: Women’s Bible study, 9:30 a.m. Thur.: Bible study at Louise’s complex, Mt. Vernon, 6:30 p.m. Fri.: Women’s Bible Study at Kathy’s in Day Creek, 8 a.m.	<b>Presbyterian</b> <b>Mount Baker Presbyterian Church</b> 45705 Main St., P.O. Box 246, Concrete Church 360.853.8585; office 360.595.0446 <a href="http://www.mtbakerpresbyterian.synodnw.org">www.mtbakerpresbyterian.synodnw.org</a> Sun. worship: 9 a.m. Tom Ross, pastor
<b>Baptist</b> <b>First Baptist Church</b> 12732 Hemlock St., Clear Lake 360.856.2767	<b>Catholic</b> <b>St. Catherine Mission Church</b> 45603 Limestone St., Concrete Mail: 719 Ferry St., Sedro-Woolley Office: 360.855.0077 Weekday hours: 9:30 a.m.–3:30 p.m. Sat. Mass: 8:30 a.m. Father Martin Bourke, pastor <a href="http://www.svcc.us/scm">www.svcc.us/scm</a>	<b>Methodist</b> <b>Central United Methodist Church</b> 1013 Polke Rd., Sedro-Woolley 360.856.6412 / <a href="mailto:centralumcsw@yahoo.com">centralumcsw@yahoo.com</a> <a href="http://centralumcsw.org">http://centralumcsw.org</a> Adult Sunday School: 9:30 a.m.	<b>Lutheran</b> <b>Shepherd of the Hills Lutheran Church</b> 46372 Main St., Concrete / 360.853.8814 Sun. worship: 10 a.m. Chris Anderson, pastor
		<b>Nondenominational</b> <b>Agape Fellowship</b> Meets at Mount Baker Presbyterian, 45705 Main St., Concrete Second and fourth Weds., 7 p.m. 360.708.4764 Dolores Elliott, pastor	<b>Rockport Christ the King Comm. Church</b> 11982 Martin Rd., Rockport, WA 98283 Church office: 360.853.8746 Pre-service fellowship: 9:30 a.m. Sun. service: 10 a.m. Sun. eve. Bible study: 5 p.m.
			<b>Wildwood Chapel</b> 41382 SR 20, Concrete Sun. worship: 10 a.m. Bible studies: Call for times 360.708.4330





# Turn your New Year’s resolutions into reality

By Veronica Spencer

It’s the time of year when we’re faced with making New Year’s resolutions again. Studies show that only eight percent of people are successful at achieving their goals. The No. 1 resolution is to lose weight. As a certified health coach and retired RN, I’ve learned a lot about why people fail and succeed. The answer is in their approach to making resolutions.

### Mindset

There’s a profound difference between solving a problem, such as losing weight, and creating something, such as optimal health. In problem-solving, your actions are designed to fix something. For example, your doctor says that you need to lose weight.

You’re scared. You take action, but once the change begins, the pressure lessens and so does your resolve and willpower. You experience the typical yo-yo pattern. This is why 85 percent of dieters regain their weight, or more, within two years. In creating, you think in terms of the future. Your focus is on reaching a healthy weight as the beginning of a longer, healthier life. So is your focus to lose weight or get healthy? Your answer may determine your success.

### Motivation

Knowing why you want to get healthy is a critical step that helps you organize your life around what matters most. Ask yourself: Who or what are the most important people and/or things in my life? How would losing weight and/or getting healthier affect these? What else do I want to accomplish? Do these ignite my willingness to change?

When Kathleen came to me at 240 pounds, she had not worked in her garden for more than 10 years, nor had she had ever taken her 8-year-old grandson down the 40 steps to their beach because she was afraid of falling. Her motivation to lose weight and get healthier was to do these things that she loved so much. Her motivation, not her fear, was key.

### Plan

Once you have your mindset and motivation, you’re ready to make your plan. Think of it as a GPS. Your destination is having the life, health, and joy you want. Your current reality is where you are now. Your route is taking the small steps to get there.

First, envision your desired outcome. Close your eyes. Paint a picture of your healthiest life as if anything is possible. How do you feel? Energetic, confident? What are you wearing? Who are you with? What adventures are you enjoying? Are you off meds? What fulfills you in work and hobbies?

Make sure you really want these things! Write them down at the top of a page. Make them specific and measurable; for example, “I can walk for 30 minutes and talk to my friend the whole time.”

Second, list your current reality in relation to your vision—your energy level, weight, meds, lack of meaning or purpose, lack of money, fears, etc. Be honest. Write these down at the bottom of your page.

Third, notice the difference between these two. You will feel a structural tension, like a rubber band stretching. Your brain will naturally try to bring these together, and you will start thinking of steps to get there. Many are very simple. Write them down. Even if they might not be things you want to do, you might choose to do them because what you want is so important.

Keep this structural tension in mind throughout the day. Put a copy on the fridge, on your cell phone, at your desk, in your car. It’s your GPS guiding you toward your destination, and it makes your choices much easier.

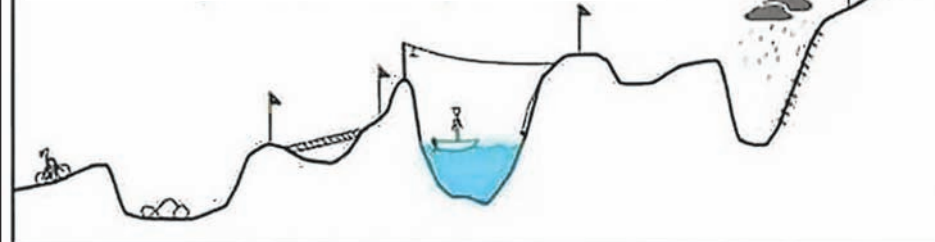
### Time

Time is your friend. Remember, even the Apollo astronauts were off course 98 percent of the time on their trip to the moon. As you make each tiny choice, you create new pathways in your brain; over time they become your new, healthy habits.

## How you think goals are achieved



## How they are actually achieved



What about emotional triggers? You feel what you feel. Emotions are not good or bad. You can’t control them; however, you can control the thoughts that follow and how you manage your responses by developing the skill to Stop, Challenge, and Choose.

*Stop:* Focus on the moment. Become aware of what you’re feeling in your mind and body.

*Challenge:* Why are you feeling this way? Refocus on what matters to you and think about your response.

*Choose:* This is the important part. By choosing the response that best serves you in the long run, you, not your emotions, are in control. Take a deep breath, drink a glass of water, smile, take a walk, or move on to something else. Just do one thing and you’re back on track.

Part of your new mindset is focusing on the good, coming back to the present moment, and demonstrating kindness, empathy, and forgiveness toward yourself and others.

### Support

I’ve saved the most important step for last. Getting healthy is a team sport. People who receive support are more successful than those who don’t. It’s the magic ingredient for both weight loss and long-term health.

Create a community of support by

inviting family and friends to get healthy with you. You’ll share your successes and struggles, know you’re not alone, and help each other get back on track.

A health coach can be a key player in your support network. They can offer an individualized program, surround you with healthy role models, and offer professional guidance, encouragement, and resources to achieve your goals more quickly and easily.

Now that you know how to create a mindset of health, the proper motivation, and a simple plan, and can make small changes over time and get support, you have the tools needed for long-term success in 2014—and beyond!

*Veronica Spencer is a retired RN and a certified health coach with a national company. Her clients have lost thousands of pounds, gained improvements in things like diabetes, high blood pressure, and high cholesterol, and are leading healthier, happier, and more active lives. To learn more about the program or her free coaching services, e-mail her [veronicaspencerrn@gmail.com](mailto:veronicaspencerrn@gmail.com), go to <http://veronicaspencerrn.ichooseoptimalhealth.com/>, call 206.240.9623, or join a private support Facebook page by sending a friend request to <https://www.facebook.com/veronica.spencer.904>.*

### Sheriff’s Blotter, cont. from p. 31

investigation of DUI.

A neighborhood dispute over lighting occurred on Cape Horn Rd. near Birdsvie. In an effort to thwart criminal activity, one neighbor had installed a motion detector light. Apparently it comes on quite often and shines right at the neighbor’s window. Unable to sleep, the well-lit neighbor felt it was best to address the issue by beating on the neighbor’s door at 10:30 p.m.. The SCSO had to come and explain how to be good neighbors.

Deputies responded to a neighborhood issue on Short St. in Concrete. It seems a few of the neighbor boys are harassing the neighbors on both sides of them. Grandma is doing her best, but these youngsters are wearing out their welcome with neighbors.

### Dec. 13

A resident of Myer Ave. in Lyman was observed riding a motorcycle on the rails to trails. An SCSO traffic deputy contacted the man after following the obvious tracks. He was warned that motorized

vehicles are prohibited on the trails and if caught, that vehicle may be impounded.

### Dec. 15

A very intoxicated citizen called 911 from Prevedel Rd. in Lyman. He requested to be brought to jail. He said he needed to detox and thought jail was a great place to do that. The man hadn’t committed a crime, but he was transported to a facility in Mount Vernon for the night. I hear their soup and sandwiches are better than the jail’s anyways.

A concerned citizen called to report a suspicious circumstance. The lights were on, but no one was in the store at a local gas station in Birdsvie. It was determined the clerk had fallen ill and had to leave the store.

### Dec. 16

A female Lyman caller reported someone had just broken her windshield. A recent ex-boyfriend was a suspect. Deputies found the man, who had a solid alibi. The investigation continues.

### Dec. 17

A caller from Wilde Rd. in Birdsvie thinks someone may have added water to the diesel fuel in his pickup. There are no

suspects, and the damage is approximately \$50.

### Dec. 20

A surveillance camera was stolen from a business on SR 20 in Lyman. It appears a male subject walked up the camera, cut the wires, and fled. The same subject has been seen on surveillance throughout the county, and has stolen several cameras. He was recently caught and faces several theft charges.

### Dec. 21

A female caller from Dillard Ave. in Concrete reported a male subject had just forced his way into her house. The male was known to the caller and escorted outside. He then left in a white truck. A deputy found the truck and as the deputy attempted to stop it, the driver failed to pull over. The deputy stopped following since it was snowing hard and they were only doing about 10 mph. The deputy later found the man and issued several tickets for the disturbance.

### Dec. 22

A resident on Pinelli Rd. near Hamilton called 911 and said he had two men at gunpoint. The two males and a female

accomplice were discovered burglarizing a home. The homeowner elected not to shoot the subjects and they fled into the woods. The female was released by the man, but not before he obtained great evidence: her license plate. The female was charged with two felonies, and the men should be taken into custody soon.

Deputies received a report of a man yelling in the Rockport area. The deputy found a man near the Sauk River, nearly frozen. It seems he has been living in a trailer with his dog and fallen on hard times. He was transported to the hospital for exposure.

### Dec. 23

Deputies responded to a possible domestic issue at an inn on SR 20 in Concrete. They determined the resident was alone and may be suffering from mental health issues. There was no crime, just a heated argument with himself.

—Compiled by Sgt. Chris Kading

*Read*  
**Concrete Herald**  
*The Voice of the Upper Skagit Valley*

# BUSINESS DIRECTORY

### Septic Services

**Cinema Septic**  
Inspection, troubleshooting and pumping  
Serving all of Skagit County  
Fred West, owner. 360.466.8753  
[fred@cinemaseptic.com](mailto:fred@cinemaseptic.com)  
[www.cinemaseptic.com](http://www.cinemaseptic.com)

### Towing services

**Dave’s Towing 360.853.7433, Concrete, WA**  
Cash for clunkers, towing and extractions, abandoned vehicle removal, lockouts, fuel delivery. Credit cards and insurance accepted. Discounts for locals.  
360.853.7433 or 360.770.6705

**Bookkeeping**  
**UpRiver Bookkeeping Services**  
360.853.7667 or 360.708.9761  
[upriver21@hotmail.com](mailto:upriver21@hotmail.com)  
Reasonable rates  
Payroll services to full-charge bookkeeping

**Brew pubs**  
**Birdsvie Brewing Co.**  
Fresh micro beer brewed on our premises  
Great food! Family friendly!  
Open Tuesdays through Sundays  
38302 SR 20, Birdsvie // 360.826.3406  
[www.birdsviebrewingcompany.com](http://www.birdsviebrewingcompany.com)

**Construction**  
**Don Payne’s Backhoe Services**  
Extensive experience, reasonable rates  
Trenching for electrical and plumbing lines, site preparation, road- and lot-clearing  
360.853.7838 / 770.0178 / #PAYNE\*066BC  
[dpaynes2001@yahoo.com](mailto:dpaynes2001@yahoo.com)

**Donald K. Moore Construction**  
Dump truck / Sand / Gravel / Topsoil  
Complete excavation and lots, to acreage cleared / log loads, underground utilities avail.  
Licensed, bonded, and insured  
360.853.8525 / Reg. #DONALKMO15KE

**Drain Cleaning**  
**Sconce Home Service, Darrington**  
\*Drain cleaning & root removal  
24-hr. emergency response.  
\*Home repair/renovate. \*Home/Apts. maint.  
Annual, monthly arrangmnts; on-call w/rentals (home) 360.436.2141 or (cell) 253.343.4762

**Gifts**  
**All Valley Storage & Gifts**  
31687 SR 20, Ste. 102, Lyman/Sedro-Woolley  
Our prices can’t be beat! Beanpod candles, home/garden items, decorating ideas, more!  
360.826.6001 / [allvalleystorageinc@live.com](mailto:allvalleystorageinc@live.com)  
Online: [www.allvalleystorageinc.com](http://www.allvalleystorageinc.com)

**Matty’s on Main**  
45905 Main Street, Concrete  
UNIQUE & ANTIQUE / JEWELRY & PAWN  
Fall Special: 20% off!  
NEW INVENTORY WEEKLY  
360.333.8851

**Hair salons**  
**Hair Fitness**  
Complete family hair care, specializing in:  
PERMS / COLOR & CUTS / WAXING  
More than 25 years’ experience!  
Call Kathy Monrad and Becki Hoover for appt  
360.853.8684

**Liquor Stores**  
**Concrete Liquor Store & Convenience Store**  
45895 Main Street, Concrete // 360.853.7149  
Monday thru Saturday 11 a.m. – 7 p.m.  
Sundays Noon to 5 p.m.  
Gifts, Rocks, Tobacco, Cigars, and much more!

**Lodging**  
**Ovenell’s Heritage Inn/Double O Ranch**  
Fully equipped log cabins; AAA; 580-acre cattle ranch; all-natural, grain-fed beef; special events; getaways; local discounts; and wildlife! See our views of Mount Baker!  
360.853.8494 / [www.ovenells-inn.com](http://www.ovenells-inn.com)

**Restaurants**  
**Cascade Burgers**  
45292 State Route 20, Concrete  
Featuring great burgers, fries, and milkshakes in a 1950s, family-style atmosphere!  
OPEN DAILY: 11 a.m. – 7 p.m.  
Ask about our daily specials! 360.853.7580

**Perks Espresso & Deli**  
Full breakfast, espresso, sub sandwiches, drive-thru and take-out. Find us on Facebook.  
M–F, 5 a.m. to 2 p.m.; Sa.–Su. 7 a.m. to 2 p.m.  
44586 SR 20, Concrete  
360.853.9006

**The Washington Cafe and Bakery**  
Fresh salmon, fish-and-chips.  
Prime rib on Fri. nights.  
Thur. – Mon., 8 a.m. to 8 p.m.  
45938 Main St., Concrete // 360.853.7723  
[washingtongrillnbakery@gmail.com](mailto:washingtongrillnbakery@gmail.com)

**RV Repair**  
**Goldner RV Repair, Concrete**  
Mobile RV Maintenance & Repair  
LP gas systems, water, heating systems, AC/DC electrical  
360.826.3303 // [rvrepair@frontier.com](mailto:rvrepair@frontier.com)

**Self-storage**  
**Concrete Self-storage**  
Located on Fir Street, Concrete  
Heated and nonheated, security surveillance, coded entry, 4x5 to 15x32 units, locks for sale. Customer service is our top priority!  
360.853.8100/concreteselfstorageinc@live.com





# Out & About



## Mount Vernon

### Healthcare community checkup meeting announced

Members of the public are invited to attend a discussion about expanding healthcare transparency and performance reporting on Wed., Jan. 15, from 2 to 4 p.m., in the Skagit Publishing Community Events Room, 1215 Anderson Rd., Mount Vernon.

Mary McWilliams, executive director of the Washington Health Alliance (formerly the Puget Sound Health Alliance), will attend the meeting, which will:

- Introduce the Washington Health Alliance by sharing results of the 2013 Community Checkup, including county-level results outside the Puget Sound region, which compares and evaluates the performance

of hospitals, clinics, and medical groups on measures of quality and appropriateness of care.

- Discuss plans for the development of the work-in-progress Washington State Data Center/All-Payer Claims Database and its implications to communities across the state.
- Engage with attendees in discussions about readiness for transparency, how the public can be involved, and what kinds of support are required to achieve success.

The meeting is co-sponsored by Skagit County Alliance for Healthcare Access (SCAHA), Washington Health Alliance, and Washington State Medical Association.

Seating is limited. Interested persons are asked to RSVP to Wendy Cox at [wcox@pugetsoundhealthalliance.org](mailto:wcox@pugetsoundhealthalliance.org).

### Festival of Trees nets \$235,000

Skagit Valley Hospital Foundation Executive Director Linda Frizzell announced last month that the foundation's annual Festival of Trees fundraiser pulled in \$235,000.

The amount will more than help the foundation complete its \$350,000 goal to fund Skagit Regional Health's new Cardiac Care Special Observation Unit.

The three-day event included a Gala Evening and Auction, during which 12 elaborately decorated Christmas trees and other items were auctioned, with funds going toward the foundation.

This year's event was held Nov. 29 through Dec. 1.

### Skagit Conservation District official elected for additional role

Wendy Pare, Skagit Conservation District Board supervisor and auditor, was elected in December to a two-year term as Secretary-Treasurer of the Washington Association of Conservation Districts at its annual meeting in Cle Elum.

The WACD secretary-treasurer furnishes information about the activities of the association to its members, monitors the financial results against the adopted budget, receives and accounts for moneys paid into the treasury of the association, and disburses funds as approved by the Executive Committee.

The next Skagit Conservation District Board meeting will be Tue., Jan. 21, at 7 a.m. at 2021 E. College Way, Mt. Vernon.

## La Conner

### Museum closed for remodel

Skagit County Historical Museum will be closed from Jan. 1 through 17 for remodeling. The museum is located at 501 South 4th St., at the top of the hill in La Conner. For more information, call 360.466.3365 or go to [www.skagitcounty.net/museum](http://www.skagitcounty.net/museum).

## Burlington

### Genealogical society program will feature flutist Peter Ali

The Skagit Valley Genealogical Society's monthly program in January will go beyond discussing dates and documents. The meeting also will explore the unique connection between one's ancestry and musical tradition.

The meeting will be held Sat., Jan. 18, from 1 to 3 p.m. at the Burlington Library, 820 E. Washington Ave., Burlington.

Native American flutist Peter Ali will attend the meeting, and educate and entertain as he explores his diverse ancestry through the flute music of each culture in his heritage.

Genealogy is more than collecting names and dates. For today's family history researchers, it is about self-discovery. Join Society members for this unique genealogy-related musical program. Admission is free and all ages are welcome to attend.

For more information about the Skagit Valley Genealogical Society, go to [www.rootsweb.ancestry.com/~wasvgs](http://www.rootsweb.ancestry.com/~wasvgs) or send an e-mail to [genealogy0715@gmail.com](mailto:genealogy0715@gmail.com).

## Anacortes

### Model train items featured

The Anacortes & Fidalgo Model Railroad Club has filled the Anacortes Museum's "Anacortes Presents" display case with an interesting assortment of model railroad pieces, including track-maintenance equipment, steam and diesel locomotives, logging cars, a tugboat, passenger-type equipment, and miscellaneous vehicles, as well as several model railroad structures.

The model railroad exhibit will continue for about three months in the upstairs Carnegie Gallery at the museum, located at 8th St. and M Ave. Museum admission is free.

For more information, call 360.293.1915.



# Home & Garden



## Garden Patch

By Gladys Silrus

Most people think of landscaping as carefully placed rocks, manicured lawns, and large trees scattered about a property. However, a garden can make a very attractive addition to any landscape. Whether it is an herb garden or a vegetable garden, these features can be just as beautiful as any other landscape element, and provide added benefits as well.

Well-maintained vegetable and herb gardens also provide other benefits: They are a source of food and can be a source of very pleasing smells.

Herb gardens are one of the most common types of edible landscape. This is because they are very easy to grow, they are tolerant of a variety of climates and conditions, and they grow rapidly.

Additionally, herbs are more than just tasty. Many of them look very nice, with attractive leaves and different shades of green that can add a subtle beauty to the landscape. Not only that, but herbs often smell nice. They can surround your home with a pleasing perfume that exudes a true sense of "home."

Many people plant parsley, rosemary, and thyme in their herb gardens, but there are other herbs that can be planted as well. Cilantro is milder than parsley, and it has a different look. Mint is another herb that many people do not think to plant, as is lavender. These herbs look different and they give off very nice scents.

Another herb with a very attractive smell is Roman chamomile. Even though some of these herbs may be less frequently used, it is possible to find plenty of recipes that use them, and lavender and chamomile are noted for their usefulness in providing an atmosphere of calm. Even the scents can be useful. Bring them into the house and enjoy the feelings that accompany the smell.

Vegetable gardens are other edible landscaping devices that can look very attractive. They too can be planted in many climates and can grow in a variety of soils. There are some plants that grow only in certain regions, but your basic garden fare can be grown almost anywhere.

Just the look of green plants has been

shown to be soothing, and when you grow your own food, it adds another dimension of satisfied feelings associated with self-confidence and accomplishment. Every vegetable has its own look, so it is possible to enjoy a variety of different looks by carefully choosing the plants that you grow.

Choose first and foremost plants that you will eat. If you are not going to eat much squash, avoid planting it. But there are plenty of vegetables that have very attractive plants and even flowers. Peas have cute little flowers and send up beautiful curly vines. And there are many species of pepper that look beautiful after the fruit has arrived, with their yellows, greens, and reds.

When you use herb and vegetable gardens as part of the landscape, there is no need to plant them all together in one place. Spread them around the yard. Use tomato plants and squash plants (including pumpkins) as accents. Herbs make excellent ground cover.

Most vegetables and herbs can be grown in containers. You can make an attractive landscape design if you use flower boxes for your herbs, and if you use quaint old antique washtubs for things like beans. Decorate pretty sticks to emerge from decorative tins for your peas.

The great thing about growing vegetable and herb gardens as part of your landscape is the fact that they are edible. They do not cost very much to plant, and they can save you even more money down the road when you buy less produce at the grocery store.

If you have too much produce, you can can or freeze it for later. Many people use the excess plants from their gardens as gifts to their neighbors or family members. There is no reason to relegate herb and vegetable gardens to some hidden corner of the property, or even to garden in a conventional way, with large plots.

Happy Gardening!

*Got a gardening question? Send it to Gladys for an answer! Call her at 360.826.4848, or write to her at [gsilrus@frontier.com](mailto:gsilrus@frontier.com) or 42002 Pine St., Concrete, WA 98237.*

## Upgrade your home's exterior

(BPT) — If you enjoy spending the cold winter months planning your next spring home improvement project, your creative juices are already flowing. But instead of focusing on the same small home improvement projects again this year, have you considered something bigger? Have you considered a project that redefines your home and showcases your individuality? The one that will make your home stand out in your neighborhood? Consider these projects that will change your home for the better.

**Reinvent your home's exterior**

If you're looking to make a drastic improvement to your home's exterior, no change gets more notice than installing new exterior cladding. Vinyl siding is popular because of its beautiful appearance, affordability, and durability. It requires less maintenance than, say, wood siding, and is available in numerous style options including vertical, horizontal, beaded, soffit, shakes, scallops, and trim.

**Create a great outdoor space**

Spending months indoors to avoid cold temperatures will make anyone crave some outdoor recreation. If you have a big budget and you're looking to make a dramatic addition to your home, consider adding a pool, a new deck, or a custom pergola. If space is a concern or you're interested in a smaller project, outfitting your outdoor space with flower boxes or new plants is a great option. You can

also build a fire pit and outfit it with comfortable chairs for a cozy gathering place for family and friends.

**Add style and save money**

If you're making decisions about your home with your partner, one of you may be more interested in the product's performance while the other is more focused on style. Replacing your home's old or broken windows with new, high-efficiency ones that complement your home's architecture is an excellent way to satisfy both interests.

**Incorporate the right accessories**

The right accent, no matter how small, can have a big impact on your home's overall appearance. You can replace your mailbox or update your address numbers to provide a more modern feel. Revitalize your green space by planting new flowers or adding decorative landscaping. You can also opt to replace the wood mulch that surrounds your landscaping with decorative stones for natural appeal. And, if you're interested in a bigger project, consider replacing your shutters or your front door. Choose a color that contrasts with your siding and you'll have your very own outdoor accent wall.

The right project for your home is one that you're passionate about and one that stimulates your creativity. In many cases these projects will also add value to your home.

## Simple steps to paint like a pro

(BPT) — The difference between a professional paint job and a do-it-yourself job that looks like a pro painted it is surprisingly simple. If you want that professional look while maintaining your DIY pride—and checkbook—take the time and effort to pay attention to often-overlooked details.

- Step-by-step prep: Cover, tape, and protect. Completely cover and secure all furniture items to fend

off spills and splatters. Use painter's tape to protect woodwork. Remove electric fixture covers and plates.

- Focus on the details. Follow the painting process practiced by the pros. To start, look for areas that, if omitted, will make your room look unfinished, such as baseboards, trim, chair rails, molding, and doors.
- Wrap up the room. It is best to paint any trim before tackling the walls. Start with the baseboards and paint around the room in one direction, paying careful attention not to miss any areas. Next, paint any window trim, door trim, and crown molding.

### Smart businesses advertise in the Travelers' Guide!

Reach visitors to the Upper Skagit Valley by advertising in the 2014 North Cascadian Travelers' Guide.

**The Travelers' Guide showcases the history and events for visitors to:**

Clear Lake, Sedro-Woolley, Lyman, Hamilton, Birdview, Grasmere, Concrete, Rockport, Darrington, Marblemount, Newhalem, and Diablo.

A **Concrete Herald** Publication

**Publication Date  
May 2014**

**Circulation: 15,000  
Pages: 56**

**Deadline for ads  
and payment:  
April 4, 2014**

For more information or to request an advertising rate card, send an e-mail to [editor@concrete-herald.com](mailto:editor@concrete-herald.com).

**Call 360.853.8213**





# Smile

## Dwelleysms

Wit from former Concrete Herald editor Charles M. Dwelley

“The day would be off to a much better start if those faces in early morning mirrors all wore smiles.”  
“A reasonable substitute for praise of a job well done is more cash for doing it.”  
—Jan. 14, 1954

“Controversy is healthy only as long as it means progress toward something better. We can expect little from our government in the way of advancement until the continual controversy stops being confined to political bitterness.”  
“So much violence these days. Too few willing to relax and wait out their troubles, too much demand for action ‘or else.’ A world becoming overfilled with spoiled brats.”  
“The only small towns that are doomed to die are those whose youngsters with ‘get up and go’ got up and went.”  
—Feb. 4, 1954

“You can’t say the government isn’t trying to be helpful. What money we might have had to throw away foolishly is taken from each of us and thrown away more efficiently on a large scale.”  
“It would be much wiser if we were at least as suspicious of strangers as we are of our neighbors.”  
—Feb. 18, 1954

“While bull-in-China-shop McCarthy may be commended for his objectives, he apparently has adopted the theory of fighting fire with fire. He is becoming a worse menace than the enemies he attacks.”  
—March 4, 1954

“With TV and all, we wonder if modern kids aren’t missing something in life. We can remember when the high point in our day was watching for Dad to come home from work. It didn’t take a great deal more than that to keep a lot of kids happy.”  
—March 25, 1954

## Some good ones ...

**Clever strategy**  
An old man calls his son and says, “Listen, your mother and I are getting divorced. Forty-five years of misery is enough.”  
“Dad, what are you talking about?” the son screams.  
“We can’t stand the sight of each other any longer,” the father says.  
“I’m sick of her face and I’m sick of talking about this, so call your sister and tell her,” and he hangs up.  
The son calls his sister. She says, “Over my dead body are they getting divorced!”  
She calls their father immediately. “You’re not getting divorced! Don’t do another thing. The two of us are flying home tomorrow to talk about this. Until then, don’t call a lawyer, don’t file a paper. DO YOU HEAR ME?” She hangs up the phone.  
The old man turns to his wife and says, “Okay, they’re both coming for Christmas and paying their own airfares.”

**Eve chats with God**  
Eve: “Lord, I have a problem.”  
God: “What is it, Eve?”  
Eve: “I know that you created me and provided this beautiful garden and all of these wonderful animals,

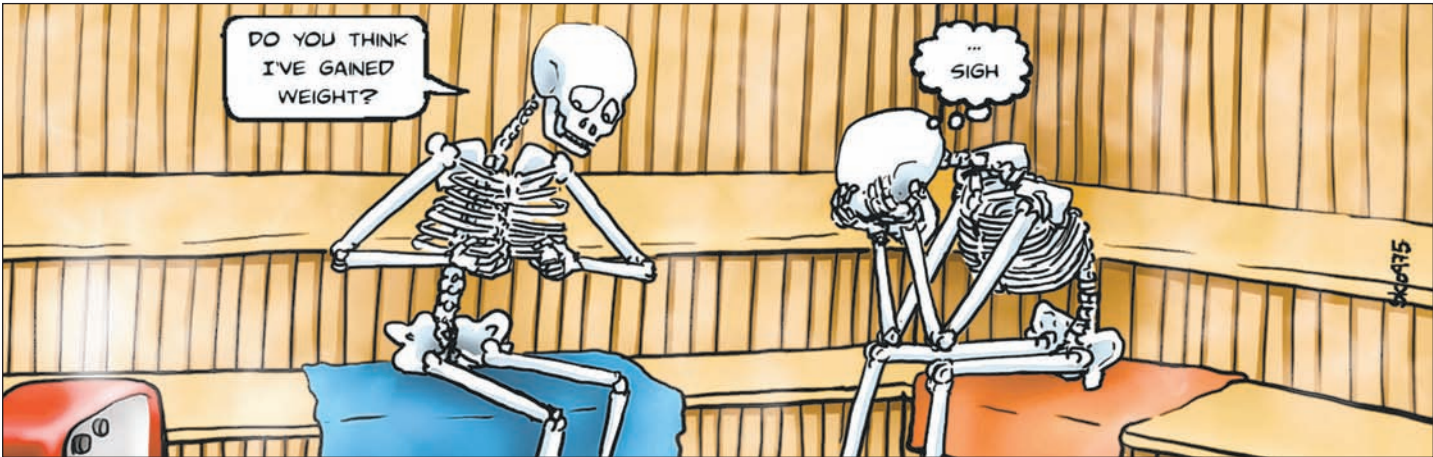
especially that hilarious snake, but I’m just not happy.”  
God: “And why is that, Eve?”  
Eve: “Lord, I’m lonely, and I’m sick to death of apples.”  
God: “Well, Eve, in that case I have a solution. I shall create a man for you.”  
Eve: “Man? What is that Lord?”  
God: “Man is a flawed creature with many bad traits. He’ll lie, cheat, and be vain. All in all, he’ll give you a hard time, but he’ll be bigger and faster and will love to hunt, fish, and bring you good things to eat. I’ll create him in such a way that he will satisfy your physical needs. He will be witless and will revel in childish things like playing cards and knocking a ball around. He won’t be as smart as you, so he will also need your advice to think properly.”  
Eve: “Sounds great! But what’s the catch?”  
God: “Well ... you can have him on one condition. Because he’ll be proud, arrogant, and self-admiring, you will have to let him believe that I made him first. And it will have to be our little secret—you know, woman to woman.”

**Final wish**  
An old pastor lay dying. He sent a message for an Internal Revenue Service agent and his lawyer to

come to the hospital.  
When they arrived, they were ushered up to his room. As they entered the room, the pastor held out his hands and motioned for them to sit on each side of the bed. The pastor grasped their hands, sighed contentedly, smiled, and stared at the ceiling. For a time, no one said anything.  
Both the IRS agent and lawyer were touched and flattered that the old man would ask them to be with him during his final moments. They were also puzzled because the pastor had never given any indication that he particularly liked either one of them.  
Finally, the lawyer asked, “Pastor, why did you ask the two of us to come here”? The old pastor mustered all his strength, and then said weakly, “Jesus died between two thieves, and that’s how I’d like to go.”

**When animals attack**  
A sloth calls the police to report that he was attacked and robbed by a gang of turtles. When the police ask him to describe the attack, he replies:  
“I ... don’t ... know ... it ... all ... happened ... so ... fast ...”

## Public Service Announcement



By Stig Kristensen

## Crossword: “Aggressive acts”

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16				17					18				
19								20					
				21			22						
23	24	25	26				27				28	29	30
31							32				33		
34					35	36				37			
38				39					40				
41			42				43	44					
			45				46						
47	48	49				50				51	52	53	54
55						56							
57						58				59			
60						61				62			

**Across**  
1. Like some columns  
5. Strike  
9. Cheerless  
13. Paella pot  
14. Maintain  
15. Not fine  
16. Acquisition method  
19. Ones at the helm  
20. “You don’t say!”  
21. “\_\_\_\_\_ time”  
22. Old Icelandic literary work  
23. Snubbing  
31. West Indian folk magic  
32. Catch  
33. Farm call  
34. Fabric  
35. Acadia National Park locale  
37. Bakery buy  
38. Extreme suffix  
39. Foofaraw  
40. Ism  
41. Eluding an officer  
45. Feeder filler  
46. Legal org.  
47. Catalog

50. Eccentric  
55. Kamikaze run?  
57. X-Men villain, and namesakes  
58. Place  
59. Big name in pineapples  
60. Eyelid woe  
61. Leavings  
62. Abreast of

**Down**  
1. Cries at fireworks  
2. Map  
3. Further  
4. Watch feature, perhaps  
5. Fourth letter of Hebrew alphabet  
6. Exceedingly  
7. “\_\_\_\_\_ go!”  
8. Bygone polit. cause  
9. Tree type  
10. \*\*\*\* review  
11. Sheltered  
12. Maryland stadium  
15. Gregor Johann \_\_\_\_\_  
17. Dander  
18. Certain federal tax  
22. Distinctive flair

23. Show fear  
24. Having a lot to lose?  
25. Boxing blows  
26. Not dis  
27. Kind of jack  
28. Candidate’s concern  
29. Standards  
30. Reached  
35. Unaccompanied compositions  
36. Passage  
37. Lookout point  
39. Aggravation  
40. Harsh Athenian lawgiver  
42. King Mark’s bride  
43. January’s birthstone  
44. Old calculator  
47. Does something  
48. Dirty coat  
49. Cut down  
50. Coconut fiber  
51. African antelope  
52. Play thing  
53. Capital near the 60th parallel  
54. Adult-in-waiting?  
56. U.N. workers’ grp.

## Sudoku

To solve the Sudoku puzzle, place a number in the empty boxes in such a way that each row across, each column down, and each small 9-box square contains all of the numbers from one to nine.

	2					6	4	
	7	3	4		5	8		
					8	5		
		4	1	9				
9		6				7		4
				4	3	2		
		5	7					
		7	5		9	4	2	
	4	2					5	

\*Solutions to both puzzles are on p. 38.

## Funny as Facebook

The following funnies were pulled verbatim from Facebook status updates in December.

- “I love merlot and brie cheese!”
- “The consequences of merlot and brie for dinner is waking up at 9:30, drooling on the couch pillow, spooning the dog.”
- “I’ve succumbed to the plague. The children are running rampant, at their 8th solid hour of watching Pokemon cartoons, and are subsisting on canned soups and sandwiches. At least Rowan hasn’t stripped down to her underwear and went streaking through the house pretending to be a velociraptor ... oh ... wait.”
- “Necessity is the mother of invention: Today I will be filing a patent on the Jerkface-O-Matic Blanket Protector 5000 with optional airhorn or bear spray attachments. It goes off when your loudly snoring, blanket-hogging spouse decides to cocoon themselves in the entire queen-sized comforter, leaving you with a thin sheet made of 3 a.m. hypothermic despair. I am going to be filthy rich, and I’ll buy you all something nice for having put up with my antics all these years.”
- “Someone please tell me that I’m not the only one who keeps a hand close to the radio dial to avoid Christmas music.”
- “My mom asked me if it was okay if my dad took me to The Comics Place on Friday. Hopefully he’ll go and do something productive instead of embarrassing me.”
- “People. Those H-boxes at the intersections and crosswalks? They only register on your first hit. You need not slap them a jillion times in hopes the light will change sooner. Fact.”
- “I really dislike driving in the snow, all back roads to work ... but I braved it and did the 0.1 miles to get here. Heh heh.”
- “Woke up to snow—quite a bit of it. Steve and the boys spent all day yesterday on the river in the canoe, and then they spent the night. They are crazy, if you ask me. Must be a guy thing. Well, at least the snow insulated their tent. IF they slept in a tent ...”
- “Snowmageddonapocolypsestorm 2013! It’s here! AAAAAHHHHHHHHH!!!!!! (half-inch).”



# The Bear Tail, part 1

By Joyce Harris

*Editor’s note: This is a monthly serialized story by Joyce Harris of Marblemount, who draws the “Concrete Harold” comic strip for this newspaper. Installments will run on this page until the story is complete. This is a true story.*

I am quite sure I will never forget one inch of that trail, although I’ve only been over it twice: once in early May on a class field trip, and then on that August evening about which this story is written.

It is known as the Kulshan Trail. Most any hiker who has ever been over it will tell you that this two miles of scenic path up the slopes of Mount Baker is certainly not a difficult trail; however, it has its moments.

When our college ecology class first scrambled over that trail that went from the road parking lot to Kulshan Cabin in May, it had snow in most places, remnants of the heavy winter snowpack. Spring was breaking through everywhere. Spirits were high and the group was full of anticipation of discovery, with much enthusiasm. The only really dangerous moment encountered on the way up and back was crossing a snow bridge that was still usable but soft, spanning the raging, swollen Kulshan Creek. The creek plunged swiftly down the steep mountainside below the bridge. We all held our breath, hoping the bridge would not break. Fortune was with us and held for our passage.

On that field trip, we hiked swiftly to the cabin, where we split up in groups to learn about the ecology of the mountainside. After climbing the mountain to see what was living and growing on the topmost peaks; crossing many snow bridges over yawning crevasses, glissading down steep, icy slopes, and traversing narrow ledges over dizzying heights, the hike up and back down the two-mile stretch of Kulshan Trail seemed like an easy trek—a piece of cake.

The next quarter, a different class—Mountain Biology—called for another field trip up this popular trail. It was the first time I had gone to school during summer quarter. I didn’t realize summer classes were usually taken one at a time and were very time-intensive, and that people don’t usually carry a full load of hours during that quarter. So when I signed up for a full 15 hours of summer classes, it put quite a severe strain on

my time and energy. I was trying to carry a full load of hours, work part-time at the KVOs TV studio, plus date my boyfriend, Jim, at the same time. The only way I could figure how to do it all was to combine a weekend “date” with the biology field trip up the slopes of Mount Baker, which also was scheduled for that same weekend. It seemed like a good solution since Jim was a biology major also and had not been on that particular field trip. I reasoned he should enjoy it even if he had already graduated.

The class was to arrive at the trailhead at 3 p.m. Saturday afternoon and go up the trail in a group with the instructor. The idea was to stay overnight in Kulshan Cabin, do our work the next day, and come back down in the evening. But both my boyfriend and I had to work until 5 p.m. that Saturday, so it was agreed we would follow the group up later in the afternoon. After all, I had been up that short section of trail before. It should be no problem. Right?

Wrong!

There were several delays, such as a forgotten sleeping bag, a flat tire, and some misplaced biology equipment. These delays cost us much more time than we had anticipated. Before we even got started driving up the mountainside to the trailhead, it seemed like it was almost sunset. By the time we got started, the sun was about to slip beneath the horizon.

But as we proceeded up the mountain, the sun appeared to hang in the sky because its rate of descent was just about the same as our rate of altitude gain. It gave the eerie feeling that the sun was standing still for us, waiting, poised to dip below the horizon. It seemed like it was saying, “Hurry, hurry, hurry.”

Eventually we arrived at the trailhead, parked the car, and rapidly began gathering our hiking and camping equipment. The illusion of the sun standing still vanished much too quickly, and there we were in the dusk as we hurriedly donned our packs and ran up the trail. We knew we had only about 30 to 40 minutes of twilight left in which to reach our destination.

We hiked across a little bridge to a spot where the spring field trip had first encountered snow. That was then. On this hike it was full of meadow foliage. A short ways farther, we began to climb rapidly and at the same time, the trail began to

wind through the dense trees. Much to our dismay, we discovered that under cover of all that heavy forest, it was very, very dark. It was so dim that we could just barely make out the trail.

We stopped. We decided we would have to travel the rest of the way by flashlight. But after rummaging through our packs, we discovered that in our haste to get going, we had failed to grab the flashlight from the car. We didn’t even have a candle.

By this time we had hiked more than three-quarters of a mile up the trail. We realized that it would be a hike in the dark no matter which way we went now. And there was that matter of the rest of the group; they were expecting our arrival.

My boyfriend reasoned that the safest thing for us to do was set up camp, build a fire, and stay right there where we were for the night. Then we could continue up the trail at first light. I knew that option would be the most sensible decision, but still I could just hear what kind of grief we’d get for that decision. I was sure that the others would insist that we planned for that to happen. I felt certain no one would believe the innocence of our predicament. They might even decide to send out a search party for us in the middle of the night. How embarrassing that would be.

I had very serious reservations. This was 1961. I knew it would not be considered proper for us to do what my boyfriend suggested—at least not by the standards with which I was raised. He left the decision up to me, and I pressed for going on; after all, it was that “piece of cake” trail that I remembered from before and one-and-one-quarter mile couldn’t be that far. The thought of going back down the mountain in the darkness scared me even more. Maybe it was the thought of stepping down—into nothingness.

We started out cautiously, as if we were blind. We each picked up a good walking stick that helped us feel the trail and surrounding area. We moved slowly and carefully. We inched along.

The trail was exposed where before it had been snowed over. Suddenly, I remembered. Yes. This was the spot where we had rested in the spring, and one of the girls got snow down her neck, courtesy of her fun-loving boyfriend. And there—I remembered a switchback; “a little way ahead it turns and goes back the other direction,” I said.

Then I discovered something that helped for quite a distance: my peripheral vision. Looking ahead, I could faintly make out the lighter-colored rocks in the trail right in front of our feet. Of course, the first thing I would do is look directly at my

feet to confirm what I had barely seen with my peripheral vision. But eventually I learned to look straight ahead to perceive what was at my feet.

After hiking this way for quite a distance, the rocks disappeared, so there wasn’t even a faint reflection anymore. By this time we were getting pretty good at discerning between what was trail and what was not. We could tell just by the feel underfoot and with the help of our walking sticks.

Before long we found ourselves on a bridge. We couldn’t see it because of the inky blackness, but you could tell it was a bridge by the hollow, reverberating sound of walking across wood. Still, it was a bridge I didn’t remember. I strained for its memory, but could recall nothing. I felt momentary panic, thinking maybe we had gotten off onto a different trail. I stopped and waited a minute, and then it came to me.

“Oh, yes! I had to walk over the little creek on a log to keep from getting wet.” I felt it in the dark with my walking stick. There was the log. The bridge had been repaired and dried out, so it wasn’t as dangerous this time.

Reassured, I continued with Jim.

—to be continued

## Sudoku solution, from p. 37

5	2	8	9	7	1	6	4	3
1	7	3	4	6	5	8	9	2
4	6	9	2	3	8	5	7	1
2	8	4	1	9	7	3	6	5
9	3	6	8	5	2	7	1	4
7	5	1	6	4	3	2	8	9
6	9	5	7	2	4	1	3	8
3	1	7	5	8	9	4	2	6
8	4	2	3	1	6	9	5	7

## Crossword solution, from p. 37

13	O	P	E	D	5	D	E	L	8	9	D	R	A	B				
16	O	L	L	A	14	A	V	E	R	15	M	E	A	L	Y			
18	H	O	S	T	17	I	L	E	T	18	A	K	E	O	V	E	R	
	S	T	E	E	R	E	R	S	20	I	N	D	E	E	D			
					21	I	T	S	22	E	D	D	A					
23	C	O	L	D	S	H	O	27	U	L	D	E	R	I	N	G		
31	O	B	E	A	H			32	N	A	I	L	33	M	O	O		
34	W	E	F	T		35	M	A	I	N	E	37	T	O	A	R	T	
38	E	S	T		39	T	O	D	O			40	D	O	G	M	A	
41	R	E	S	T	42	I	S	T	43	G	A	R	R	E	S	T		
					45	S	U	E	T	46	A	B	A					
47	A	S	S	O	R	T		50	C	R	A	C	51	K	52	P	54	T
55	C	O	L	L	I	S	I	O	N	C	O	U	R	S	E			
57	T	O	A	D	S		58	L	I	E	U	59	D	O	L	E		
60	S	T	Y	E			61	R	I	E	T	S	62	U	P	O	N	

## Letters, cont. from p. 2

day and into the night, people who came out in the cold to see what was going on, and the vendors who came and about froze because it was so cold in the room.

But I also want to say how disappointed and hurt I am with the people who didn’t come to support us. We put a lot of hard work into making Concrete pretty and wanted something great for the town and the people who live here. I hear time and time again how someone has moved to Concrete because it is so great and pretty, but they still don’t support the town. It seems the more we try to get something great to happen in Concrete, the fewer people show up. You are willing to go to Sedro-Woolley to be in their parade and to support and buy from them, but not up here. I know the parade is small, but some of the people who said they would be in it never showed up. It is no warmer in Sedro-Woolley than it was up here. I am glad I had the foresight to have Adrienne (Smith) buy the cookies we needed at the Santa party because no one who said they would bring cookies did. Shame on you; we are not that hard to find!

I also want to let people know the money we do get goes to buying the toys we get for Santa to hand out and for our adopted families. We cannot get any toys from Toys for Tots. Thank you again to the one who did give.

I hope the people who did come had a great time, even though it was cold out. I give you an “atta boy” and thank you!

Adrienne keeps telling me when you stop having fun doing something, then it is time to stop. I have reached that time. I will continue to do the Santa Parade with or without anybody being in it. I can always count on Adrienne, Marty, and the Smith family to come through for me. My big reward is to see the looks on the children’s faces as they sit and talk to Santa—priceless!

Thank you again. I hope every one had a Merry Christmas!

Gladys Silrus

Concrete

## Good news from Marblemount

Marblemount Community Hall thanks Ingeborg and Lance Hightower for their very generous donation of the wonderful battery-operated children’s Purina riding tractor with trailer as a raffle fundraiser.

Nine-year-old Kiaunna, who lives with grandparents Stacy and Gary Claybo of Newhalem, was the lucky winner, and her good fortune became a Christmas present for her baby brother!

As a not-for-profit community

organization, Marblemount Community Hall provides not only a delightful venue for a variety of public and private events, but remains the only official Red Cross Shelter in the county east of Concrete.

Ongoing expenses (taxes, utilities, insurance, etc.) require constant efforts on our part, and this raffle was not only a very successful fundraiser, but a real dream come true for this special little girl.

In addition, our thanks go to Richard Frank and his staff (especially Deb Lahr) at Albert’s Red Apple Market in Grasmere for providing space and time to sell raffle tickets during November. The drawing was held at Marblemount’s Christmas Faire on Dec. 1.

Christie Fairchild, vice president  
Marblemount Community Hall

## Toys for Tots gratitude

I wish to thank all the businesses who found room for a Toys for Tots donation box and for all the people who helped fill them with toys for our local children. This year we partnered with the East County Resource Center to distribute the toys to qualified families. A special thanks goes to the Birdview Brewery, which hosted special events to collect toys, and the Concrete American Legion, which hosted one of the distribution events.

John Boggs, Concrete

East County Toys for Tots

## Hamilton Christmas Party a hit

Hamilton Fire Dept. thanks Mike Crawford, Birch Equipment, Fred Meyer, P. Richard Moore, the Nellie Mani estate, Hamilton Market, and all the members of our community who donated and helped our Christmas Party be a success.

Joan Cromley, mayor

Hamilton

## Troop Support thanks community

On behalf of all of us at Sedro-Woolley Community Troop Support, we offer our heartfelt gratitude to all of you who participated in making this year’s Christmas Care Package Campaign a huge success!

Your donations allowed us to ship 89 packed boxes in excess of one ton of “Wish List” items to our troops who are overseas this holiday season. In addition to supporting our troops, SWCTS also began a new program recognizing the overseas K-9 Teams. It has been another exciting and rewarding year, and all possible with the generosity and support from our community. Thank you for all you do!

Lynda Balise

Mount Vernon

## Sunday School, cont. from p. 30

amazed at the unbelief of the people. The other time? Yes, you guessed it. Jesus marveled and was amazed with what He witnessed in the life of the Roman centurion.

You and I have the potential to “amaze” Jesus by living our lives in the New Year with compassion, generosity, humility, and faith. Not out of shock, but because we live in a way that fulfills the reasons why we were created and saved by His amazing grace.

May 2014 be a year in which you amaze Jesus and others in word and in deed.

Rob Thomas is pastor of Community Bible Church in Concrete.

# Classifieds

## MOVIES & EVENTS AT THE HISTORIC CONCRETE THEATRE

**WEEKEND MOVIE SCHEDULE:**  
**Fri., 7:30 p.m.; Sat., 5 and 7:30 p.m.; Sun., 4 and 6:30 p.m.**  
**TIX: \$7 gen admission, \$9 balcony, \$6 over 65/under 12**  
**24-hour MovieLine: 360.941.0403**  
**www.concrete-theatre.com**

## EMPLOYMENT

**Reporter, contract position.** *Concrete Herald* seeks a competent writer to cover Concrete town government on a monthly basis, beginning January 2014. Compensation will be based on attendance at all Town Council meetings, plus production of two articles per monthly issue. Interested persons should send resume, two journalism samples, and letter of interest to editor@concrete-herald.com. For more information on this position, call 360.853.8213 or e-mail editor@concrete-herald.com.

## FOR SALE

**Wood-bricks firewood.** Throw down your axe and saw. 100% wood bricks burn clean and hot. No more bugs, bark, or creosote. No more aching back. \$220/ton (90 / 22.5-lb bundles); \$120/ 1/2 ton (45 / 22-lb. bundles). Fill up your car! Fill up your truck! Jump for joy—you’re in luck! Come in for your free sample. Pacific Rim Tonewoods, 38511 SR 20, Concrete. 360.826.6101. Mon.–Thur., open 8 a.m.–3:30 p.m. Info at www.pacificrimtonewoods.com.



## NOTICES

### Town of Concrete Surplus Property Sale Bid Date

November 15, 2013 to February 28, 2014

### Call for Sealed Bids Town of Concrete

Notice is hereby given that sealed bids will be received in the office of the Town Clerk-Treasurer, Town Hall, Concrete, WA, until 12:00 p.m. on February 28, 2014 for the following surplus item:

45501 Main Street, Concrete, WA 98237.  
Parcel #106620 and Parcel #43708 Land Only  
\* Minimum Bid \$22,000.00

For a bid package on this property, please visit www.townofconcrete.com, call 360.853.8401 or email Clerk Treasurer Andrea Fichter at andrea@concretewa.gov. The person whose bid is selected must be able to pay all closing costs associated with this sale as well as the funds available to complete the purchase within sixty (60) days of bid opening or the property may be offered to the next highest bidder. This property is listed as is.

The purchaser shall construct or place a structure on this property within two (2) years from the bid submittal deadline date or no later than February 28, 2016. This date will assist the purchaser in the construction or placement of the structure while still meeting current local regulations as described in the bid package and will insure the purchaser will not have to pay town water and sewer utility connection fees.

The Town of Concrete reserves the right to reject any or all bids, waive information and sell the property at the best interest of the Town. Sealed Bids are to be sent to the Town Clerk-Treasurer, Surplus Bid 45501 Main Street, P.O. Box 39, Concrete, WA 98237 or hand delivered to 45672 Main Street, Concrete, WA 98237 using the surplus bid form provided.

Published in the December 2013 issue and the January and February 2014 issues of *Concrete Herald*.

## SERVICES

**Eagles In Flight** Motorcycle Sales and Service / Sissy Bar. 360.853.7000.

**Gladys’ Upholstery Shop.** Quality work, reasonable prices. 360.826.4848.

**Headstones.** Traditional & One-Of-A-Kind. TODD’S MONUMENTS, 360.708.0403. www.toddsmonuments.com.

To place a Classified ad, call 360.853.8213 or e-mail ads@concrete-herald.com. Ads are \$5 per every 10 words, rounded up to the nearest 10. Payment is due at time of placement. Deadline for the February 2014 issue is Jan. 27.

**Concrete Herald**  
The Voice of the Upper Skagit Valley





# 2014 SKAGIT EAGLE FESTIVAL

*Four Weekends of Family Fun!*  
Saturdays and Sundays in January

CONCRETE • ROCKPORT • MARBLEMOUNT

Join us as we celebrate the annual return of the majestic eagles to the Skagit Valley. Whether you live in the area or are planning to visit from far away, you'll enjoy the wide variety of indoor and outdoor activities.

- Eagle Watcher Stations
- River Rafting & Boat Trips
- Photography Workshops
- 5K Salmon Run & Nature Walk
- Special Tours & Presentations
- Guided Walks, Talks & Hayrides
- Native American Storytelling & Music
- Music, Dancing & Wine Tasting
- Birds of Prey Presentations
- Wine Tasting & Music
- Raffles & Contests



UNITED  
GENERAL  
HOSPITAL

Concrete  
Herald



*Challenger Ridge*

[www.SkagitEagleFestival.com](http://www.SkagitEagleFestival.com)

[www.Concrete-WA.com](http://www.Concrete-WA.com) • [chamber@concrete-wa.com](mailto:chamber@concrete-wa.com)

The Skagit Eagle Festival is funded in part by grants from Skagit County Lodging Tax and Humanities Washington.

